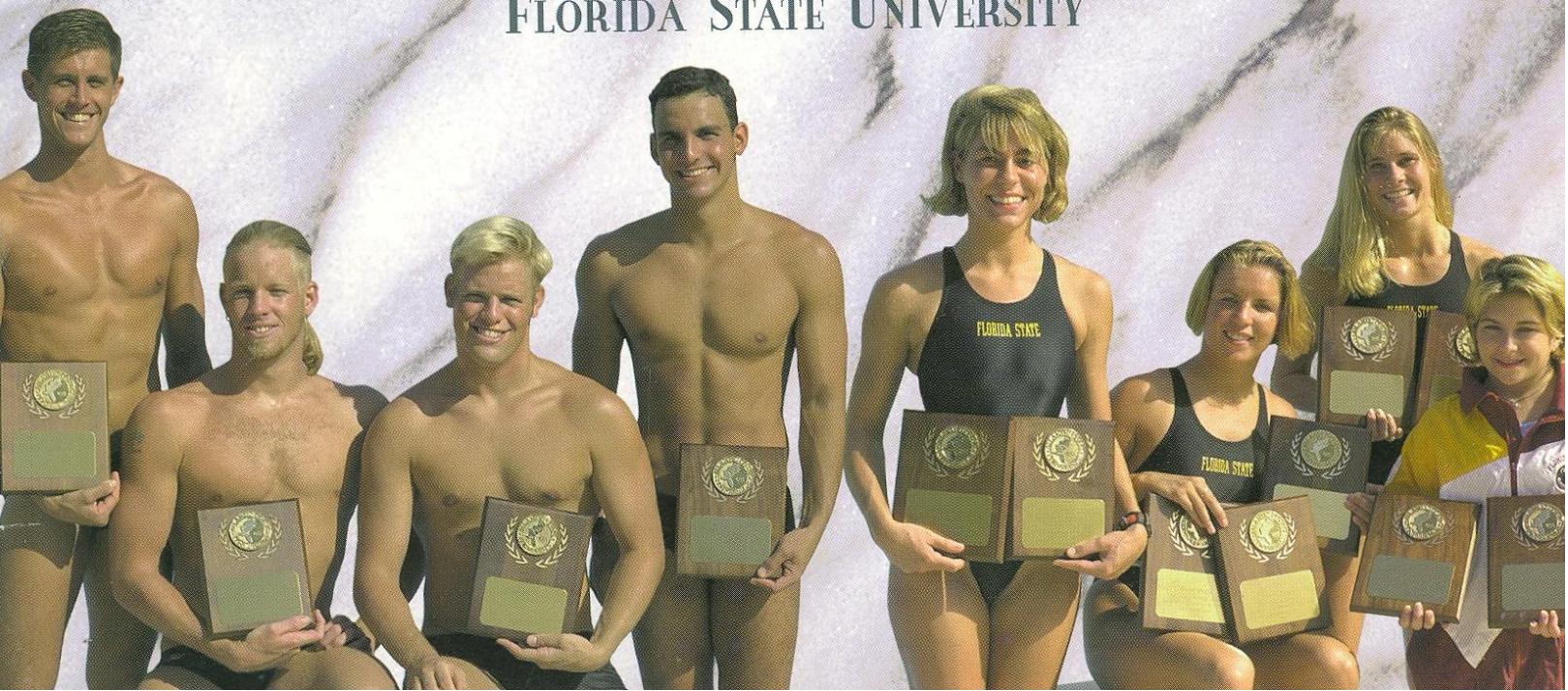


# 1995 - 1996 Swimming & Diving Media Guide



FLORIDA STATE UNIVERSITY





# 1994-95 Highlights

**WOMEN: 5 ACC CHAMPIONS**  
**MEN: 8 ACC CHAMPIONS**

**WOMEN: ACC 3RD - NCAA 38TH**  
**MEN: ACC 2ND - NCAA 25TH**

**WOMEN: 2 ACC MEET RECORDS - 5 SCHOOL RECORDS**  
**MEN: 2 ACC MEET RECORDS - 2 CONFERENCE RECORDS**  
**8 SCHOOL RECORDS**

**ERIN GILLOOLY - WOMEN'S ACC DIVER OF THE YEAR**  
**GARY COLE - WOMEN'S DIVING COACH OF THE YEAR**  
**ROB BRAKNIS - MEN'S ACC SWIMMER OF THE YEAR**  
**DON GIBB - MEN'S COACH OF THE YEAR**

**WOMEN: 1 ALL-AMERICAN**  
**MEN: 2 ALL-AMERICANS - 2 ALL-AMERICAN RELAYS**

**WOMEN: 1 ALL-ACADEMIC - TEAM ALL-ACADEMIC**  
**HIGHEST ACC SWIMMING/DIVING TEAM GPA**  
**MEN: 1 ALL-ACADEMIC - HIGHEST ACC SWIMMING/DIVING TEAM GPA**

**WOMEN: MVPS HELEN JEPSON & ERIN GILLOOLY**  
**MEN: MVPS ROB BRAKNIS & DEREK BANTA**



# Table of Contents

## FLORIDA STATE FACTS

President .....	Talbot "Sandy" D'Alemberte
Location .....	Tallahassee, FL
Enrollment .....	28,500
Founded .....	1857
Nickname .....	Seminoles
Colors .....	Garnet and Gold
Conference .....	Atlantic Coast
Facility .....	Bobby E. Leach Center (indoor) Bim Stults Aquatic Center (outdoor)

## ATHLETIC ADMINISTRATION

Athletic Director .....	Dave Hart Jr.
Phone .....	(904) 644-1079
Associate Athletic Director .....	Kim Record
Phone .....	(904) 644-3354

## SWIMMING & DIVING STAFF

Head Coach .....	Don Gibb (3rd year/Florida '85)
Diving Coach .....	Gary Cole (14th year/Bowling Green '75)
Assistant Coach .....	Neil Harper (2nd year/Louisiana State '88)
Graduate Assistant .....	Nada Cenanovic (2nd year/Florida State '93)
Team Manager .....	Benito Encinias
Phone .....	(904) 644-1091
Fax .....	(904) 644-3854

## FLORIDA STATE SPORTS INFORMATION OFFICE

Sports Information Director .....	Rob Wilson
Swimming and Diving SIDs ....	Dora Bralic & Mark Wasik
SID Address .....	Moore Athletic Center P.O. Drawer 2195, Tallahassee, FL 32316
SID Office Phone .....	(904) 644-1403
SID Fax .....	(904) 644-3820

### CREDITS

Writers .....	Dora Bralic & Mark Wasik
Editors .....	Tina Thomas & Dora Bralic
Photography .....	FSU Photo Lab
Design .....	Vision Advertising & Design
Printing .....	Rapid Press
<b>FRONT COVER:</b> ACC Coach of the Year – Don Gibb; ACC Champions – Haynes, Bradley, Haberstroh, Coelho, Smith, Jepson, Krieg, Gillooly.	
<b>BACK COVER:</b> Class of 1996 – Front Row: Haynes, Campbell, Bendixen; Middle Row: Schalk, Murphy, Schmauch, Banta, Brennan; Top Row: Rosenbluth, Jepson, Wilson.	

1994-95 HIGHLIGHTS .....	IFC
THIS IS TALLAHASSEE .....	2
THIS IS FLORIDA STATE .....	4
SUPPORT SERVICES .....	6
COACHES BIOS .....	7
LADY SEMINOLE OUTLOOK .....	9
LADY SEMINOLE ROSTER .....	10
MEET THE RETURNING LADY SEMINOLES .....	11
MEET THE NEWCOMERS .....	16
LADY SEMINOLE STATISTICS .....	18
ACC WOMEN'S RECORDS .....	21
THIS IS SEMINOLE SWIMMING/DIVING .....	22
SEMINOLE OUTLOOK .....	23
SEMINOLE ROSTER .....	24
MEET THE RETURNING SEMINOLES .....	25
MEET THE NEWCOMERS .....	30
SEMINOLE STATISTICS .....	32
ACC MEN'S RECORDS .....	35
ACC & OTHER OPPONENTS .....	36
A CLOSER LOOK .....	IBC

## NOTE TO THE MEDIA

Florida State swimming and diving meets are held at the Bobby E. Leach Center on the Florida State campus. Members of the media may be seated at the officials table at the west end of the pool. If any assistance is needed in covering the Seminoles, contact Dora Bralic or Mark Wasik of the FSU Sports Information Office at (904) 644-1403.

The SID staff will provide complete results and fax service at all home meets. Coach Don Gibb can be reached for interviews at 644-1091 anytime during the day before 2 p.m. Interviews of student-athletes or other information concerning the coaches or team members can be handled by the Sports Information staff. Please let us know if we can be of any assistance to you in your coverage of Florida State athletics. 🌐



# This Is Tallahassee

**N**ear, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of pow-wows, plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent.

Best known as Florida’s capital, Tallahassee is an intimate neometropolitan city where the power of state government, the academic and the artistic are complimented by subtle, old-fashioned charm.

Tallahassee — derived from the words “talwa” meaning town and “ahasee” meaning old — has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage.

The famous Gulf beaches and major metropolitan areas of the South are a short trip from Tallahassee. As Florida’s capital city, Tallahassee offers the grace and charm of a small city, while Atlanta, Jacksonville, Tampa, Orlando and New Orleans are within easy driving distance.

## CLIMATE

Tallahassee enjoys four distinct seasons with an average annual temperature of 67 degrees. Weather conditions are mild and moist due to close proximity to the Gulf. Summer temperatures are subtropical with an average of 83 degrees while winters average a pleasant 50 degrees.

THE CAPITOL BUILDINGS, BOTH OLD AND NEW, EPITOMIZE TALLAHASSEE’S PERSEVERANCE. WITH THE 22-STORY NEW CAPITOL TOWERING OVERHEAD SINCE 1977, THE OLD CAPITOL, ERECTED IN 1845, HAS BEEN RESTORED TO ITS 1902 APPEARANCE COMPLETE WITH RED-AND-WHITE CANDY-STRIPED AWNINGS AND A GRACIOUS DOME ADORNED WITH STAINED GLASS. THE 22ND FLOOR OF THE NEW CAPITOL REVEALS A SPECTACULAR VIEW OF THE ROLLING HILLS OF LEON COUNTY ALL THE WAY TO THE SHIMMERING GULF OF MEXICO. CHAMBERS OF THE HOUSE AND SENATE BUZZ WITH POLITICAL ZEAL DURING THE MARCH THROUGH MAY LEGISLATIVE SESSION.



The Winter Festival and Celebration of Lights, an outdoor celebration of holiday lights, music and the arts with activities including a night glow parade, Jingle Bell Run and Santa’s Enchanted Forest has become a popular wintertime event in Tallahassee.



Standing nine feet tall, Herman, a skeletal prehistoric mastodon — originally weighing about five tons — was pulled from Wakulla Springs in the 1930s. The Museum of Florida History also features the Prehistoric Florida Exhibit, Spanish treasures, war relics and even a riverboat.



Downtown Tallahassee grew as a trade center with Florida’s first railroad — a simple mule-drawn, rail trolley epitomizing the leisurely pace of Southern life — connecting Tallahassee and St. Marks. The 16-mile railroad has now been paved as the St. Mark’s Bike Trail, and the Old Trolley remains a stylish way to get around.

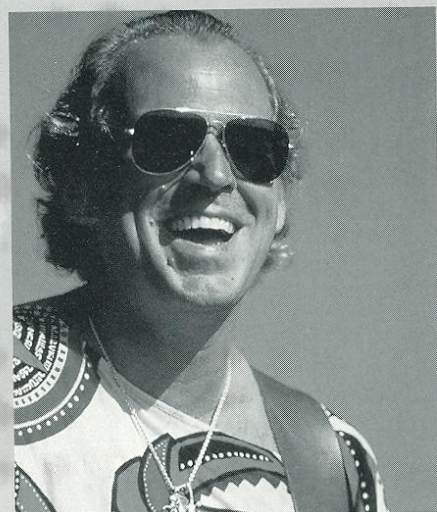




Only 13 miles from the Capitol, amid alligators, aningas and tranquillity is the 2,900-acre Wakulla Springs State Park. Visitors can drift lazily aboard a jungle cruise boat on Wakulla Springs while the alligators sun on the shore. Tallahassee's underwater passages have intrigued adventurers from around the world — even National Geographic magazine attempts to uncover the hidden mysteries of the springs in many issues.



The first Christmas mass celebrated in the United States was held in Tallahassee.



As one of the largest arenas in Florida, the Tallahassee-Leon County Civic Center, situated on 22 downtown acres, provides the ideal setting for "star-studded" events. The Civic Center Arena was the site of the 1995 NCAA Basketball Southeast Regional while Jacksonville native Jimmy Buffet makes regular visits to Tallahassee.

WHAT OTHERS ARE SAYING ABOUT TALLAHASSEE

"Where else in the Sunshine state can you pretend to be the governor, peruse pirates plunder, and peer breathlessly at a daring young man on a flying trapeze — all in the same day?"

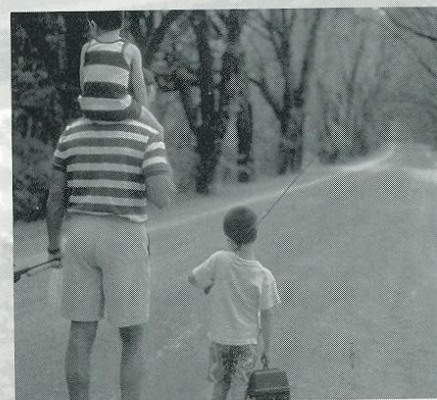
— SOUTHERN LIVING

"After a visit to Tallahassee, you'll leave Florida with a whole new image of the magic kingdom — and you won't have to worry about mouse ears getting smashed in your suitcase."

— DISCOVERY

"Tallahassee, Florida's capital city, has charm with a distinctly Southern accent..."

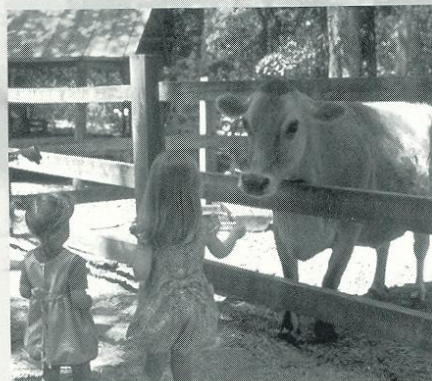
— BOSTON HERALD



Low sprawling oaks, draped with Spanish moss create dramatic emerald tunnels of dancing sunlight on Tallahassee's famous Canopy Roads.



Springtime Tallahassee has blossomed over 25 years into a four-week jubilee with parades, festivals, contests, crafts and amusement.



Red wolves, Florida panthers, alligators and other fascinating wildlife in a 52-acre habitat highlight the Tallahassee Museum of History and Natural Science.



Noted for water sports, including sailing and wind surfing, Shell Point Resort is located just 25 miles south of Tallahassee.



# This Is Florida State

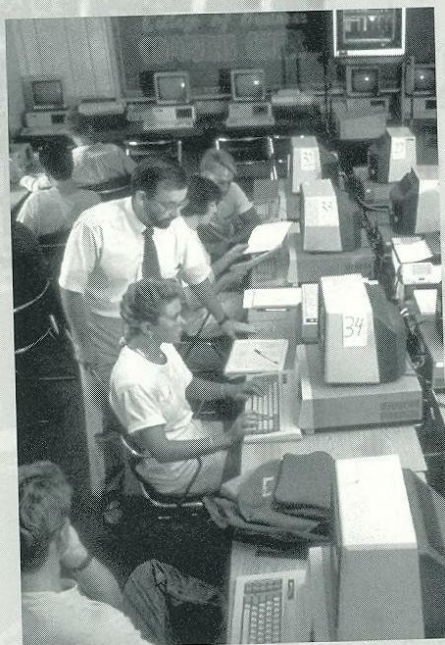
**A** senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1852 by legislative act and began in Tallahassee with its first students in 1857. Today, Florida State's operating budget is \$442 million. Faculty and administrators generate more than \$95 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University: the FSU Foundation, which raises millions in private gifts to support academics, the Seminole Boosters and the FSU Alumni Association.

Florida State continues to progress and grow — from its pre-Civil War foundation as the Seminary West of the Suwannee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.



*The Dr. Bobby E. Leach Center, a state-of-the-art student recreation facility, with an indoor pool, saunas, basketball and racquet-sport courts, was completed in 1991. And in June, a 2300 square foot free weight area was completed.*

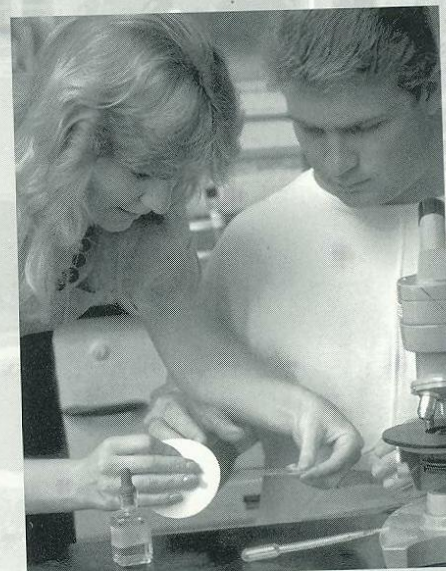
FLORIDA STATE UNIVERSITY, NEARING ITS GOLDEN ANNIVERSARY AS A CO-EDUCATIONAL GRADUATE RESEARCH INSTITUTION, HAS JOINED THE NATION'S ELITE IN BOTH ACADEMICS AND ATHLETICS. LOCATED ON THE OLDEST CONTINUOUS SITE OF HIGHER EDUCATION IN FLORIDA AND BUILDING RAPIDLY ON THE FRAMEWORK OF A HIGHLY REGARDED LIBERAL ARTS COLLEGE FOR WOMEN, THE UNIVERSITY HAS EMERGED OVER THE PAST 48 YEARS AS AN INSTITUTION OF NATIONAL AND INTERNATIONAL ESTEEM.



*With 1,568 members, the FSU faculty currently includes five members of the National Academy of Sciences and eight members of the American Academy of Arts and Sciences, and has included five Nobel laureates. It is backed by 2,987 administrative/professional and support staff.*



*FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates. Over the five years from 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African-Americans.*



*FSU's high-tech program in structural biology in 1991 received the University's largest single foundation grant, \$4 million, to position it among the leaders in the field worldwide.*

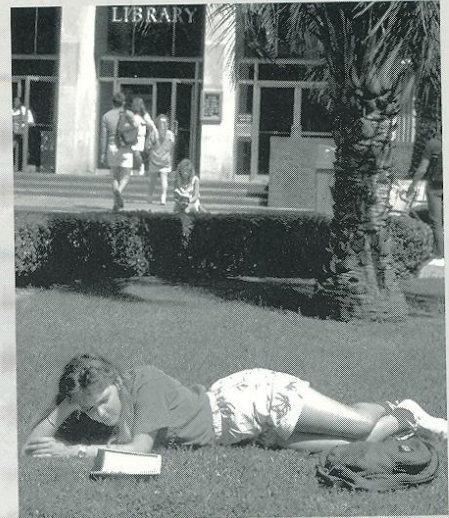




Vice President of the United States Al Gore spoke at the dedication of the National High Magnetic Field Laboratory at Florida State in October 1994. The National Science Foundation established the \$100 million magnet lab at Florida State, which is partnered in research with the Los Alamos National Laboratory and the University of Florida, in 1990. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the faculty by the magnet lab. The world's largest magnet — two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field — is to be installed in 1995 at the NHMFL, located in the off-campus research complex, Innovation Park.



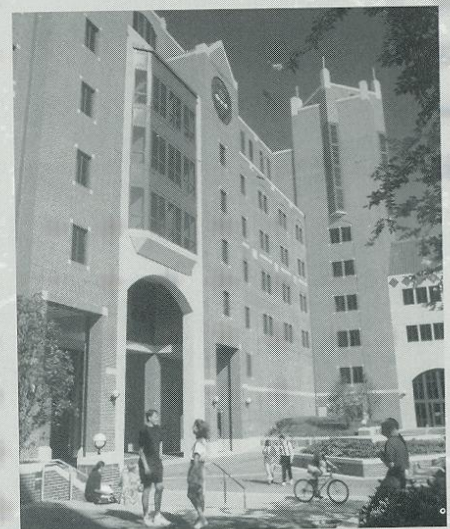
Florida State University alumnus, Dr. Norman Thaggard ended the longest space flight in U.S. history in July after a historic mission on the Russian space station Mir. Thaggard who received his undergraduate degree in engineering at FSU in 1965 and his masters a year later, is an avid Seminole football fan and brought his cosmonaut counterparts to their first college football game in Tallahassee last year. Thaggard's Florida State pennant could be clearly seen in the space shuttle aboard Mir during press conferences. Thaggard has been on three space missions including the historic six-day flight on the Challenger in 1983 that included Sally Ride.



Library holdings at Florida State include 2.06 million book titles, 18,498 serials and 4.25 million microforms. The main library facility, the Robert M. Strozier Library, is linked via computerized information systems to other state university and national research libraries. The Paul A.M. Dirac Science Center Library is located at the heart of the University's science research complex. FSU also maintains extensive music, library science and law libraries, and the Mildred and Claude Pepper Library houses the personal and professional papers of one of Florida's best known political couples.



Florida State ranks first in popularity nationwide among high school seniors, based on the number of students who request their Scholastic Aptitude Test (SAT) and American College Test (ACT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students. Florida State is also tops in the state for community college transfers as FSU admits over 3,000 transfer students every fall semester.



In fall 1994, the first tenants moved in to the east side of the \$82 million University Center, a classroom-and-office facility at Doak Campbell Stadium. The stadium's south end zone also was enclosed and the adjacent Moore Athletic Center expanded. When the west side is completed in 1996, the University Center will provide 550,000 square feet of much needed academic space and a centralized location for student services.



# Support Services

## ACADEMICS

**F**lorida State University is committed to the academic success of its student-athletes. Under the direction of Dr. Roger Grooters, the FSU athletic department's Academic Support Program is in place to meet the personal, academic and professional needs of each student-athlete.

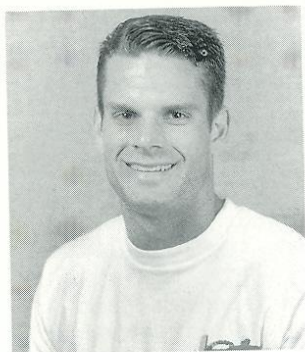
Grooters and his staff aid student-athletes with admission, class scheduling, registration, and the normal progression towards a degree. Unveiled last fall was a new state-of-the-art academic center as part of the University Center expansion. The center provides study hall and tutoring rooms, as well as a resource area with study carols, computers and basic reference materials.

Class attendance is closely monitored during the seasons. Throughout the school year, nightly study halls and tutoring sessions help the student-athletes stay on course. Student-athletes have unlimited access to mentors who provide one-on-one tutoring. The academic support staff works closely with the faculty members at Florida State as well as with the athletic department's own office of Student Services.

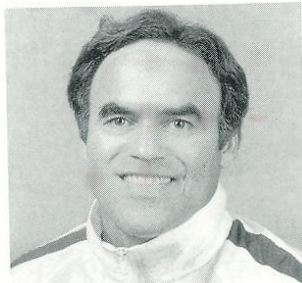
For everyone in the Florida State athletic department — from coaches and academic support personnel to student services staff and administration — giving each student-athlete every opportunity to earn a degree is the primary goal. And every year, that goal is becoming reality for more and more Florida State student-athletes.

## STRENGTH TRAINING & CONDITIONING

Strength training and conditioning is an important part of an athlete's performance in the pool and on the boards. At Florida State, a supervised program is developed for swimming and diving, emphasizing the objectives of not building



Ron Miller



Jay Zemliak



The Academic Support Staff.

bodies, but strengthening and conditioning them. Women's strength coach **Ron Miller** and men's strength coach **Jay Zemliak**, customize programs for each of the athletes beginning with pre-conditioning before the season gets underway.

Miller and Zemliak work with the swimmers and divers in sport specific training which includes conditioning the major muscle groups used in swimming and diving. FSU takes pride in customizing the programs to help student-athletes reach their maximum potential.

## PREVENTION CARE & TREATMENT

Being an athlete at Florida State University means receiving the best care and treatment possible. All of the student-athletes undergo pre-season screening so a certified trainer can detect any potential injuries an athlete may incur. If a problem is detected, the athlete is placed on a prevention care program which may include any kind of treatment from icing to exercising. The program is closely monitored by swimming/diving trainers **Greg Morgan** for the women and **Jason Hall** for the men.

Rehabilitation is another important component of the Seminole training room. Though preventing injuries is the main objective, they are unavoidable for the athletes who participate in sports. More serious injuries and illnesses are referred to the Seminole team physicians at the Tallahassee Orthopedic Center who, for many years, have worked in conjunction with the FSU training room in successfully rehabilitating numerous athletes after an injury.

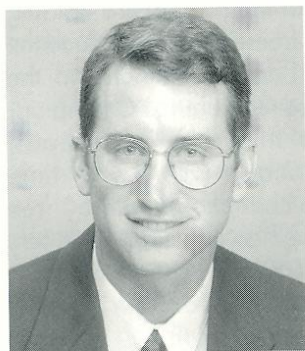
Nutrition counseling and drug testing are both responsibilities of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes. 🌐



# The Coaches

## DON GIBB HEAD COACH (FLORIDA '85)

The 1995-96 swimming season will mark Don Gibb's third year as the head coach for the Seminoles, and his fourth season overall on the Seminole staff. Prior to joining the Florida State swimming/diving program Gibb spent five seasons as the top assistant for the University of Florida men's program.



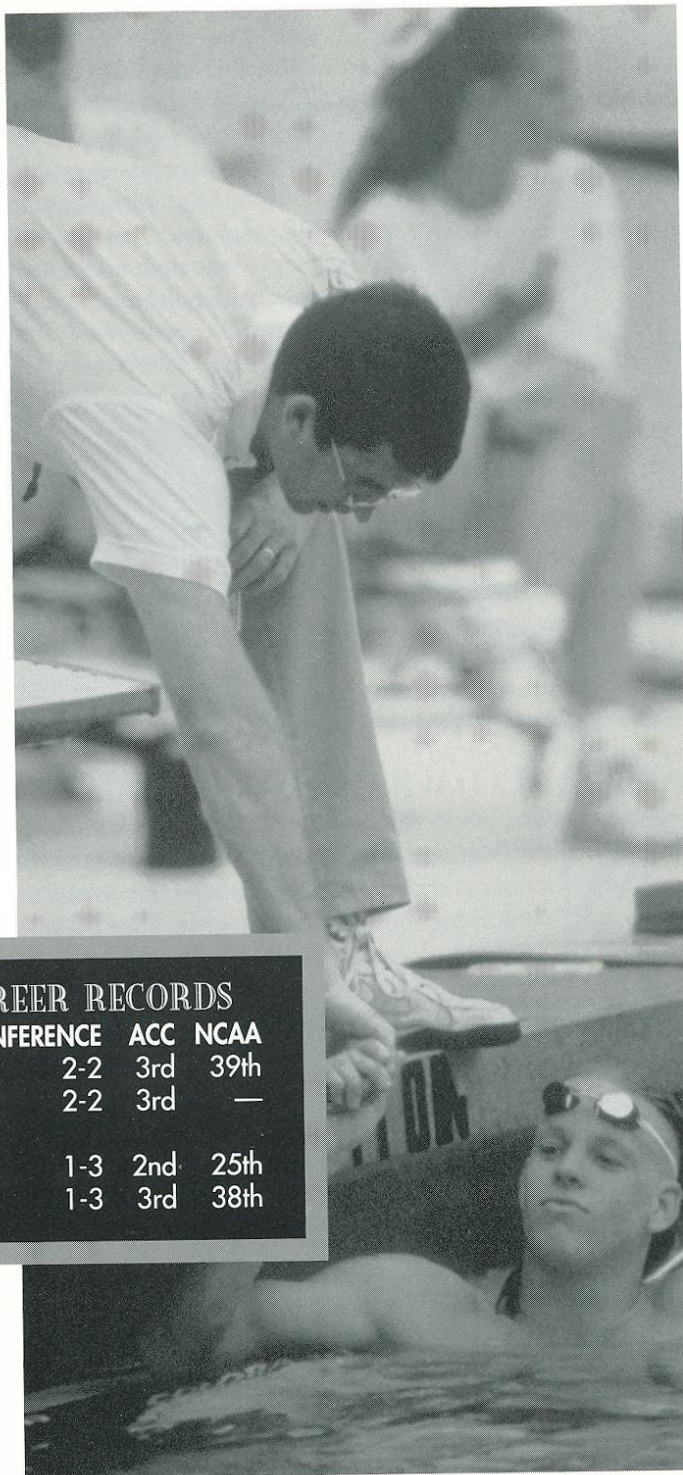
In his first three seasons at Florida State, Gibb has managed to drastically improve the conference performances for both men's and women's teams. Not only did he guide the men's team to a 2nd place in the Atlantic Coast Conference, but led eight Seminole performers to ACC individual titles. He was named ACC Men's Coach of the Year

for his efforts. Gibb capped off the season with a first ever NCAA top 25 team finish, while having one All-American and two All-American relay teams. His men's team set eight new school records, and had the highest team GPA among the ACC swimming/diving teams and the Seminoles.

The women's team, on the other hand, placed 3rd in the ACC for the third consecutive year while capturing more individual championship titles than any other team in the conference. The women set five new school records and had the highest overall GPA in the Atlantic Coast Conference.

A 1985 graduate of the University of Florida with a degree in psychology, Gibb swam for the Gators for two seasons (1981-82 and 1982-83) and was a member of the Florida 1982-83 national championship team. Individually, he was the SEC 100-yard freestyle champion in 1982, and also a World Games Trials finalist in the 100m freestyle.

He played an important role in 1983 as a member of the Gators NCAA champion 400-yard free relay team which clinched the national title for Florida. Gibb also took seventh place in the 100 free with 43.62 at the 1983 NAAs.



### GIBB'S FSU CAREER RECORDS

	1993-94	OVERALL	CONFERENCE	ACC	NCAA
Men	6-6		2-2	3rd	39th
Women	6-5		2-2	3rd	—
	1994-95				
Men	4-6		1-3	2nd	25th
Women	3-7		1-3	3rd	38th

Married for 10 years, Gibb and his wife Gena, a 1994 graduate of the Florida State School of Nursing, have a five-year-old daughter, Sarah.



## GARY COLE DIVING COACH (BOWLING GREEN '75)

**F**lorida State diving has been very successful under the guidance of Gary Cole who, in the past 14 years, has produced some of the best divers in the nation.

A member of the Professional Diving Coaches Association and NCAA Diving Rules Committee, Cole has coached four collegiate All-Americans as well as two World Age Champions. In 1988, Cole was named the Olympic coach for the host country of South Korea.



Just this past year, Cole was named ACC Women's Diving Coach of the Year. This was his fifth coach of the year honor since arriving to Florida State. He has the distinction of win-

ning the ACC team title without having a champion. Cole, a standout diver in college and high school, was tutored by seven time Olympic coach Ron O'Brian. In his free time, Cole is an avid golfer and his biggest fans are his wife Vicki and daughters Angela (3) and Savannah (3 mo.).

## NEIL HARPER ASSISTANT COACH (LOUISIANA STATE '88)

**N**eil Harper begins his second year on the Seminole staff after assisting Coach Gibb to one of the most successful years in recent FSU history.

Harper is in his eighth year of college coaching, started at his alma mater, Louisiana State. There, he proved to be an extremely successful recruiter and on-deck coach. During his six years at LSU both the men's and women's teams made the NCAA Top 15.



At FSU, Harper coordinates men's and women's recruiting, the strength and conditioning programs, and oversees the individual medley and stroke groups.

Harper competed in two Olympics and was on the British 400 Medley Relays that finished 6th and 4th in Los Angeles and Seoul respectively. He was a seven event NCAA All-American, a four time SEC Champion and captained the 1988 LSU men's team to its only conference championship title.

Harper is married to the former Paige Busch of Orlando, Fla., who, was an SEC 100 breaststroke champion and NCAA and high school All-American. Paige is also a swim coach with the local Area Tallahassee Aquatic Club. They have been married for five years and have one daughter, Katherine Alexis, who was born on November 8, 1994.

## NADA CENANOVIC GRADUATE ASSISTANT (FLORIDA STATE '93)

**N**ada Cenanovic is now in her second year as a graduate assistant at Florida State. Cenanovic serves as meet coordinator, assists with recruiting for both the men's and the women's teams, supervises strength training and conditioning, and handles alumni relations.



As a swimmer at Florida State, Cenanovic was a member of the FSU record holding 400 freestyle relay that lead the 1991 Lady Seminoles to the Metro Conference Championship title. In high school, Cenanovic was a four-time state champion in the 50 free as well as claiming 12 letters in six different sports. She also competed for her native

Canada on the World Cup Swimming circuit.

The 23-year-old Mississauga, Canada native received her bachelor's in only three years while double majoring in multinational business and marketing at Florida State University in 1993. She went on to earn her master's in athletic administration during her senior year of swimming. Cenanovic is currently pursuing her doctoral degree in the same field.





# Lady Seminole Outlook

The 1994-95 season was a stepping stone for the Lady Seminoles' swimming and diving teams. Once again they placed third at the conference championships, but had more individual ACC champions than any other league team. Freshman Allison Smith set the ACC meet record for 100 breaststroke, while the Lady Seminoles, as a team, set five new school records. Diver Erin Gillooly received the ACC Diver of the Year award while, junior Helen Jepson and freshman Jodi Krieg qualified for NCAAs, where Jepson placed 12th in her 200 fly. But, this was only a fraction of the accomplishments of the talented Lady Seminole team.

Head coach Don Gibb is a big believer in 'holding it till the end' and that was what allowed the Lady Seminoles to explode at the conference championships. Coach Gibb feels that this could be the year when the Lady Seminoles start seriously pouring onto the national swimming/diving scene.

"Last year was so much fun," assistant coach Neil Harper said. "The athletes and staff worked hard together and it paid off when our ladies proved to be easily the most improved and successful at the ACC meet."

In the 1995-96 season the women's swimming and diving team will be led by returning ACC champions junior Erin Gillooly, and sophomores Jodi Krieg and Allison Smith. With these ladies as the driving force, the Lady Seminoles have an excellent chance of advancing in the ACC standings.

Jepson, a senior from West Yorkshire, England, dominated the fly events at the 1995 ACC Championships, and set a new school record in the 200 fly with 2:00.28. She qualified and scored at the NCAAs and earned the All-American award. Jepson will be redshirting during the upcoming season in order to prepare for the 1996 Olympics. She hopes to represent her native Great Britain in Atlanta next summer.

Krieg, from St. James, Fla., dominated the backstroke by capturing the championship title in both 100 and 200. She also placed 2nd in the 200 IM. Krieg set three new school records in the 100 back with 55.92, the 200 back with 2:00.69 and the 200 IM with 2:04.76. In her first year at FSU, Krieg qualified for the NCAAs.

Smith, from Columbus, Miss., was ACC champion in the 100 breast and runner up in the 200. While swimming

to a championship title, Smith set a new ACC meet record in the 100 breast with 1:04.13. She has potential to qualify for the NCAAs.

Diving coach Gary Cole returns his top two performers Gillooly and junior Julia Henderson. Gillooly, from Orlando, Fla., was named ACC Diver of the Year. She captured the championship title on the three-meter board and was runner up on the one-meter. Even though Henderson redshirted for a year because of a back injury, she is back on the boards and ready to dive to the top of the ACCs.

A large and talented freshman class has joined these Lady Seminoles in their quest to make the 1995-96 swim-

ming/diving season the most memorable in FSU history. Among the outstanding additions are Meagan Bradley, Sherri Fowler and Samantha White, all of whom are expected to make an immediate impact on the team.

"With the addition of a promising freshmen class," Gibb said. "Lady Seminoles should be fighting it out for the

1996 ACC title."

The 1994-95 accomplishments of the Lady Seminoles and the addition of a fine recruiting class should launch this team into the national spotlight. The young and enthusiastic coaching staff continues to build one of the most exciting, and up and coming programs in the Southeast. 🌊

**COACH GIBB FEELS THAT THIS  
COULD BE THE YEAR WHEN  
THE LADY SEMINOLES START  
SERIOUSLY POURING ONTO  
THE NATIONAL SWIMMING  
AND DIVING SCENE.**



Kominski, Smith, Krieg, and Jepson.



# Lady Seminole Roster

NAME	HEIGHT	CLASS	EVENT	HOMETOWN
Amy Armond	5'6"	FR	Fly, IM	Snellville, GA
Meagan Bradley	5'6"	FR	Distance Free	Plantation, FL
Meghan Brennan	5'5"	SR	Breast, Back, IM	Tampa, FL
Kristen Campbell	6'5"	SR	Back, Free	Jupiter, FL
Lindy Dorminy	5'8"	JR	Sprint Free	Tifton, GA
Kristi Duncan	5'8"	FR	Free, Back	Longwood, FL
Jenny Engelbrecht	5'7"	FR	Breast, Sprint Free	Tallahassee, FL
Sherry Fowler	5'4"	FR	Fly, Breast, IM	Silver Spring, MD
Maidier Gaztañaga	5'8"	JR	Distance Free	Ordizia, Spain
Erin Gillooly	5'1"	JR	Diving	Kissimmee, FL
Caroline Hamilton	5'9"	JR	Breast	Seminole, FL
Julia Henderson	5'5"	JR	Diving	Orlando, FL
Sarah Henderson	5'10"	SO	Diving	Orlando, FL
Jodi Krieg	5'9"	SO	Free, Back, IM	St. James City, FL
Helen Jepson	5'6"	SR	Fly	W. Yorkshire, Great Britain
Shannon McHugh	5'4"	JR	Distance Free, Fly	Plantation, FL
Kristina McRoberts	5'10"	FR	Back, Free	Albany, GA
Tenelle Ramer	5'7"	FR	Free	Goshen, IN
Beth Rosenbluth	5'4"	SR	Back, IM	Longwood, FL
Heather Schalk	5'4"	SR	Fly, IM	Boca Raton, FL
Karen Schmedeman	5'4"	JR	Diving	Bartow, FL
Allison Smith	5'4"	SO	Breast	Columbus, MS
Maria Toole	5'4"	SO	Sprint Free, Fly	Tampa, FL
Samantha White	5'6"	FR	Breast, IM	Ormond Beach, FL
Claudia Wilson	5'5"	SR	IM, Back	Belo Horizonte, Brazil
Kathleen Wright	5'10"	FR	Fly, Free	Marietta, GA





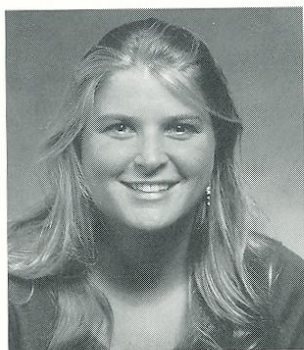
# Meet The Returning Lady Seminoles

## MEGHAN BRENNAN

SENIOR - BACK, IM

Tampa, FL - Greater Tampa Swim Club

Expected to score more points in the conference in her final season as a Lady Seminole...versatile swimmer who can



compete in both sprints and distances...**1994:** Conference consolation finalist in 200 back...personal bests include 4:32.79 in 400 IM and 2:09.01 in the 200 IM...**PREP:** Was an All-County swimmer at H.B. Plant High School...**PERSONAL:** Father is the swim coach at the University of Tampa...older sister Merrie and now brother-in-law Vance Tankersley are FSU swimming alumni...majoring in criminol-

ogy and political science...greatest ambition is to work for the FBI...born March 31, 1974.

## KRISTEN CAMPBELL

SENIOR - BACK, FREE

Jupiter, FL - North Palm Beach C.C.

Lady Seminole captain...hard worker and great student...outstanding relay swimmer...**1995:** Consolations finalist in the 200 free, 100 and 200



back at the ACC...**1994:** Conference finalist in 100 back, consolation finalist in 200 free and 200 back...**1993:** Conference consolation finalist in 100 and 200 back, and 200 free...personal bests include 58.76 in 100 back, 2:05.53 in 200 back...**PREP:** Was captain and most valuable swimmer during her senior year at Jupiter Community High School...selected a High

School Academic All-American by the National Swimming Coaches Association...**PERSONAL:** Majoring in hospitality administration and marketing...her greatest ambition is to be a successful business professional who enjoys every aspect of her life...born November 2, 1974.



The Leach Center pool.



Lady Seminole All-ACC.



**ACC CHAMPION  
HELEN JEPSON**

**SENIOR - FLY**  
West Yorkshire, England - Wakefield  
Girls High School

Three-time NCAA qualifier in the 200 fly...holds school record in 200 fly with a time of 2:00.92...a two-year All-ACC selection...will be red-shirting this year in order to better prepare for the 1996 Olympics at which she hopes to represent Great Britain in the 200 fly...three years in a row Most Valuable Swimmer at FSU...swam for Great Britain at the World University Games in Buffalo in '93 and in Tokyo, Japan '95

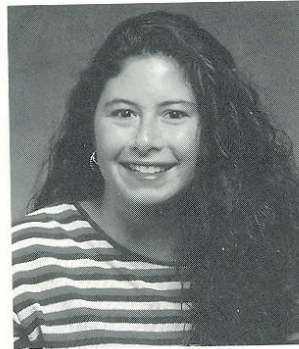


...outstanding student and leader by example...**1995:** ACC champion in 100 and 200 fly...placed 12th in 200 fly at NCAA...NCAA All-Academic...**1994:** ACC runner up in the 200 fly and 3rd in the 100 fly, NCAA qualifier in the 200 fly...**1993:** Conference champion in the 200 fly, 2nd in the 100 fly and consolation finalist in the 1650 free...NCAA qualifier in the 200 fly...personal best times include 56.05 in the 100 fly and 2:00.92 in the 200 fly...**PREP:** Swam at Wakefield Girl's High School for coach Terry Dennis...**PERSONAL:** Majoring in child development and communications...her greatest ambition is to make the 1996 British Olympic team...born September 4, 1972.



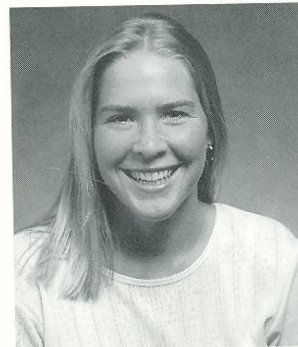
**BETH ROSENBLUTH**  
**SENIOR - BACK, IM**  
Longwood, FL - Patriot

Backstroke and butterfly specialist with potential to final at ACCs...will provide valuable depth in the back and fly events



...**1995:** ACC consolation finalist in the 100 fly...**1994:** Conference consolation finalist in the 100 back...best times include 100 back 59.89, 100 fly 58:79, 200 back 2:09.88 and 200 IM 2:11.52...**PREP:** Lettered four years at Lake Brantley High School...helped lead her team to the State Championship title during every season of her career...**PERSONAL:** Majoring in marketing and multinational business...greatest ambition is to be a sports marketing director for a Pro-team or Bowl, have a great family and happy life...born December 1, 1974.

**HEATHER SCHALK**  
**SENIOR - FLY, IM**  
Boca Raton, FL - Pine Crest



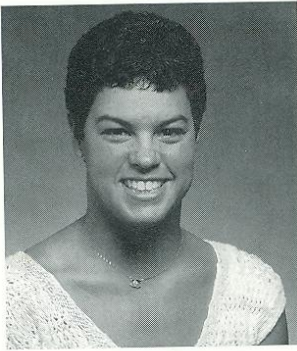
Counted on to improve her conference standings in her final year as a Lady Seminole...**1995:** Conference consolation finalist in the 100 and 200 fly...**1994:** ACC consolation finalist in the 200 fly...**1993:** Conference consolation finalist in the 200 fly...best times include 100 fly 00:59.26, 200 fly 2:07.4, 400 IM 4:40.5...**PREP:** Selected team captain during her junior and senior years at the

Spanish River High School...**PERSONAL:** Majoring in nutrition and fitness...greatest ambition is to become a nutritionist for a professional team...born June 19, 1974.

**CLAUDIA WILSON**  
**SENIOR - BACK, IM**  
Belo Horizonte, Brazil -  
Coral Springs Swim Club

IM and back specialist expected to again final at the ACC Championships...a possible NCAA qualifier as well...excellent student...Dean's List since 1992...ACC Honor Roll since 1992-93...**1995:** Conference finalist in the 400 IM and consolation finalist in the 200 back...**1994:** Placed 3rd at ACCs in the 200 back and 5th in the 400 IM...consolation

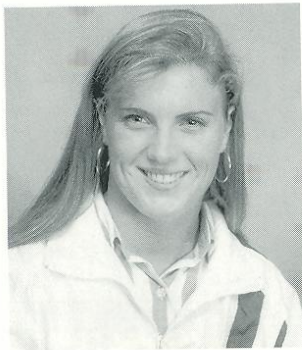




finalist in 200 IM...**1993:** Finished 6th in the 400 IM... fastest times include 4:24.58 in the 400 IM, 2:03.04 in the 200 back, 100 back in 59.6 and 200 IM in 4:24.5...**PREP:** Trained in Coral Springs under coach Michael Lobergh...two-time Brazilian champion... member of the Brazilian national team...**PERSONAL:** Majoring in civil engineering ...born April 28, 1972.

**LINDY DORMINY**  
**JUNIOR - SPRINT FREE**  
 Tifton, GA - Americus Blue Tide

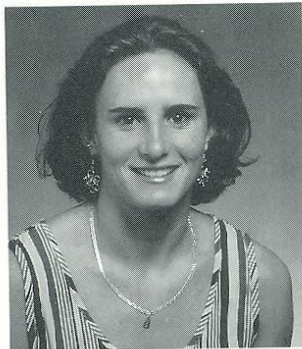
Outstanding sprinter who will be relied on heavily in relays...should improve her ACC standings...



**1995:** Conference consolation finalist in the 100 breast and anchored the 200 free relay that placed 3rd at the ACCs...**1994:** ACC consolation finalist in the 50 free and swam on the 200 free relay which finished 3rd...personal bests include 24:33 in the 50 free, 58:84 in the 100 fly and 1:05.92 in the 100 breast...**PREP:** Lettered in swimming four years at the Tift County High School...swam under the coaching of Dr. Kirt Myers at Americus Blue Tide...

**PERSONAL:** Majoring in political science...greatest ambition is to make a big name in sportscasting...born January 6, 1975.

**MAIDER GAZTAÑAGA**  
**JUNIOR - DISTANCE FREE, IM**  
 Ordizia, Spain - Bolles



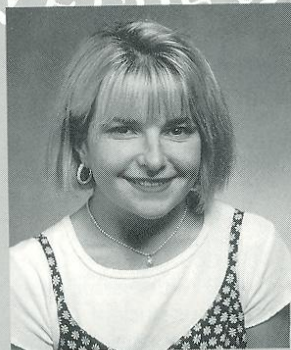
Talented distance and 400 IM swimmer with potential to qualify for the NCAAs... Dean's List since 1993...**1995:** Conference consolation finalist in 500 and 1650 free, and 400 IM...**1994:** Consolation finalist in 500 free and 400 IM at the conference championships...best times include 5:01.55 in 500 free, 10:10.26 in 1000 free, 4:28.31 in 400 IM and 2:08.22 in 200 fly...**PREP:** Earned All-American status in the 500 free while at Bolles and swimming under the direction of coach Gregg Troy...also an all-state pick in the 1000 free...placed 3rd in the 400 IM at the Spanish Nationals in 1991...

**PERSONAL:** Majoring in civil engineering... greatest ambition is to get a good job and be happy...born December 26, 1974.



**ACC CHAMPION**  
**ERIN GILOOLY**  
**JUNIOR - DIVER**  
 Orlando, FL - Team Orlando

Talented diver who possesses NCAA qualifying potential...**1995:** ACC champion in the three-meter and runner up in the one-meter...



...named ACC Diver of the Year...**1994:** ACC finalist in both the one and three-meter boards... scored 27 points on diving team which took first place in ACC championships...**PREP:** State Class

3A diving champion while at Gateway High School...finished third at the Junior Olympic Age Group Nationals in 1992...**PERSONAL:** Enjoys body piercing...brother Bryan dives for the Miami Hurricanes...majoring in criminology...born on September 13, 1974.

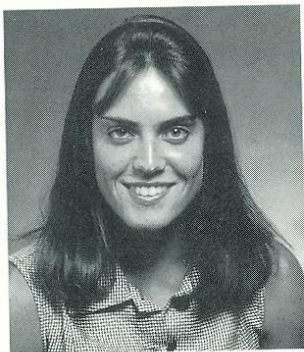


# CAROLINE HAMILTON

JUNIOR - BREAST

Seminole, FL - St. Petersburg Aquatics

Hard working swimmer with a promising future in the



breaststroke...should final at ACCs this year...**1995:** Conference consolation finalist in the 100 breast...**1994:** ACC consolation finalist in the 100 breast...best times include 1:07.26 in 100 breast and 2:25.15 in 200 breast...**PREP:** Enjoyed a distinguished prep career at Seminole High School while swimming under coach Tom Haight...holds the school record in the 100 breast and a member of the Seminole record

holding 200 free relay team...**PERSONAL:** Majoring in physical therapy...born in Cutlif, England on January 15, 1975.



Wilson, Dorminy, Jepson, and Smith at a meet in Miami.

School...a three-year honorable mention All-American ...**PERSONAL:** Majoring in special education...greatest ambition is to be a good teacher... born April 6, 1975.

# JULIA HENDERSON

JUNIOR - DIVER

Orlando, FL - Team Orlando

Consistent diver poised to become ACC's elite...selected to the All-ACC Swimming and Diving team as a freshman



...**1995:** Redshirted because of a back injury...**1994:** Finished third on the three-meter and fourth on the one-meter boards at ACC Championships...**1993:** Conference runner up on the three-meter board...**PREP:** Named High School All-American four years in a row at Dr. Phillips High School in Orlando...state High School and National Age Group

finalist...**PERSONAL:** Sister Sarah is a sophomore diver at FSU...a leisure studies major...born February 27, 1974.

# KAREN SCHMEDEMAN

JUNIOR - DIVER

Brandon, FL - St. Petersburg Aquatics



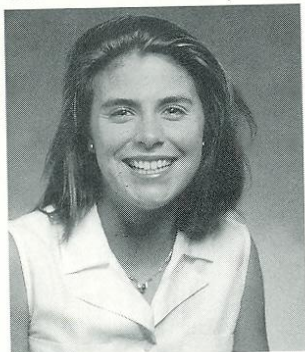
Consistent diver expected to provide depth on a talented diving squad...**1995:** Conference consolation finalist on both one and three-meter boards...**PREP:** Three-time district champion and two-time conference champion at Bloomingdale High School...placed eighth at the state meet as a senior...team MVP three times...**PERSONAL:** Majoring in criminology...born November 17, 1975.

# SHANNON McHUGH

JUNIOR - FLY. DISTANCE FREE

Plantation, FL - Pine Crest

Gained valuable experience last season in the butterfly and distance freestyle events...excellent work ethic and a tremendous student...**1995:** Conference consolation finalist in the 1650 free and 200 fly...**1994:** Conference consolation finalist in the 200 fly and the 1650 free...best times are 5:02.5 in 500 free, 10:15.63 in 1000 free, 17:05.33 in 1650 free and 2:09.47 in 200 fly...**PREP:** Four-time state finalist at St. Thomas Aquinas High

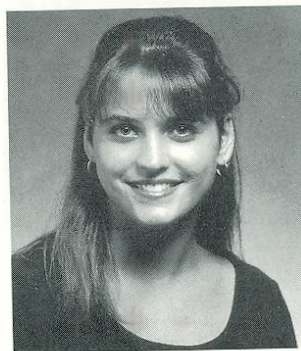


# SARAH HENDERSON

SOPHOMORE - DIVER

Orlando, FL - Team Orlando

Very elegant diver who should improve her conference standings...gained valuable collegiate experience as a freshman...expected future NCAA qualifier...**1995:** Conference consolation finalist on the one and three-meter boards...**PREP:** Former Florida high school state champion while at Dr. Phillips High School...**PERSONAL:** Sister Julia is a junior diver for the Seminoles...majoring in communications for business...wants to attend law school...born May 29, 1976.





ACC CHAMPION  
**JODI KRIEG**

SOPHOMORE - SPRINT FREE BACK  
 St. James, FL - Swim Florida

School record holder in the 50, 100 and 200 back, and 200 IM...expected to score at



NCAAs...**1995:** ACC champion in 100 and 200 back and placed 2nd in 200 IM... NCAA qualifier in 100 and 200 back, and 200 IM...personal bests include 23.88 in the 50 free, 55.92 in the 100 back, 2:00.69 in the 200 back and

2:04.76 in the 200 IM...**PREP:** State champion and All-American in the 50 free and 100 back as a senior...four time district champion in the 100 back...swam for Gregg Cross at Swim Florida...**PERSONAL:** Undecided on her major...born in Ft. Wayne, Indiana on May 21, 1976.



ACC CHAMPION

**ALLISON SMITH**

SOPHOMORE - BREAST  
 Columbus, MS - Falcon Aquatics/GPAC

ACC meet record holder in the 100 breast with 1:04.13...expected to qualify for NCAAs in both breaststrokes...**1995:** ACC champion in the 100 breast and runner up in the 200 breast



...personal bests include 1:03.8 in the 100 breast and 2:19.5 in the 200 breast...

**PREP:** Had one of the finest careers in Mississippi High School history holding six state records...named Outstanding Female Swimmer in Mississippi

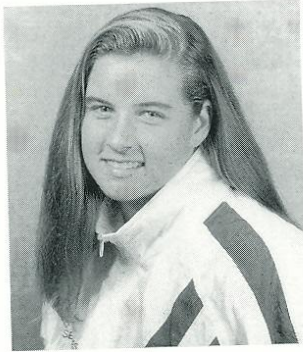
the last six years...State Champion in 100 breast, 100 fly, and 200 IM...**PERSONAL:** Majoring in public relations...greatest ambition is to become the press secretary for a governor or senator...born July 7, 1976.





## MARIA TOOLE

SOPHOMORE - SPRINT FREE, FLY  
Tampa, FL - Greater Tampa Swimming Association



Great butterfly swimmer with a strong possibility of finaling at the conference championships in both fly events...outstanding student...fastest times include 24.80 in the 50 free, 57.77 in 100 the fly, 2:12.19 in the 200 fly...**PREP:** Had a stellar career at Tampa's Plant High School where she holds four school records...Hillsborough County Swimmer of the Year in 1991...state runner-up

in the 100 fly as a senior...**PERSONAL:** Undecided on a major...born on February 19, 1976.



1650 free...All-American for the past three years...fastest times are 4:59.3 in 500 free, 10:10.13 in 1000 free and 17:09.82 in 1650 free...**PREP:** Most Valuable Swimmer in her junior and senior years at St. Thomas Aquinas High School...trained with coach David Zubero at Pine Crest...**PERSONAL:** Brother Frank also swims for FSU...undecided on a major...chose Florida State

because of its swimming coaches and the team...born November 15, 1977.

## KRISTI DUNCAN

FRESHMAN - SPRINT FREE  
Longwood, FL - Patriot

Expected to final at ACCs in the sprint free events...All-American for four years...best times include 55.2 in 100 free,



1:57.3 in 200 free and 5:20.16 in 500 free...**PREP:** State champion in her freshman year...team captain her senior year...played water polo for her Lake Brantley High School and was state champion in her senior year...**PERSONAL:** Older sister Cara used to swim for FSU...chose Florida State because it is a great school and has a great swimming team...undecided

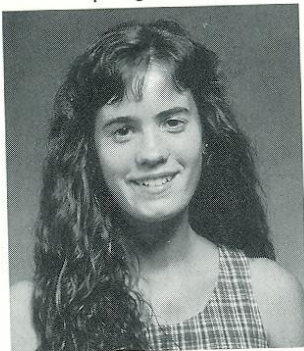
on a major...born on May 10, 1977.

# Meet The Newcomers

## AMY ARMOND

FRESHMAN - FLY, IM  
Snellville, GA - Swim Atlanta

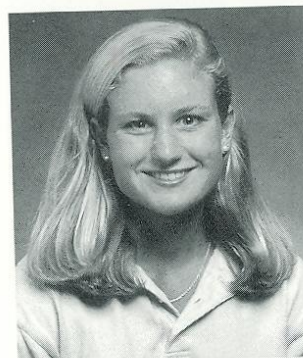
Junior National qualifier...outstanding member of the Swim Atlanta program...expected to final at conference in the fly and IM events...fastest times



are 58.10 in 100 fly, 2:05.21 in 200 fly, 2:08.54 in 200 IM and 4:28.66 in 400 IM...**PREP:** All four years swam for Brookwood High School under coach Puckett...national merit scholar...US Swimming scholastic All-American for three years in a row...**PERSONAL:** Majoring in music...born October 21, 1976.

## JENNY ENGELBRECHT

FRESHMAN - SPRINT FREE, BREAST  
Tallahassee, FL - ATAC



Will provide depth in the breast and sprint free events...best times include 1:10.10 in 100 breast, 2:35.2 in 200 breast and 25.68 in 50 free...**PREP:** Most Valuable Swimmer all four years at the Maclay High School...**PERSONAL:** Chose Florida State because she liked the school and swimming outdoors...undecided on a major...born February 16, 1977.

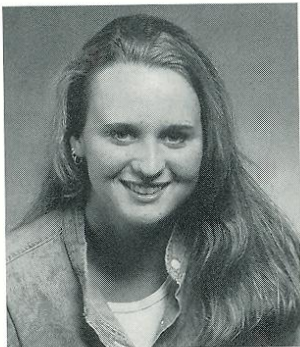
## MEAGAN BRADLEY

FRESHMAN - DISTANCE FREE  
Plantation, FL - Pine Crest

Expected to final at ACCs in the distance free events...top 16 at short course Junior Nationals in the 500, 1000 and

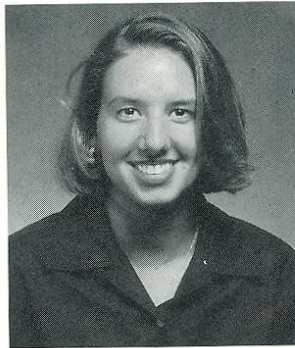


**SHERRI FOWLER**  
**FRESHMAN - FLY, IM**  
 Silver Spring, MD -  
 Rockville Montgomery Swim Club



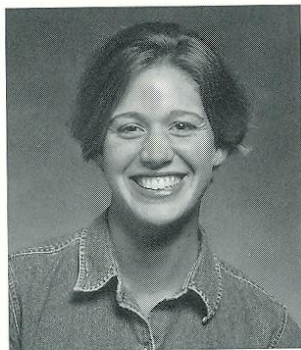
Potential NCAA qualifier...very versatile swimmer...fastest times include 2:04.7 in 200 fly, 2:07.32 in 200 IM and 4:25.5 in 400 IM...**PREP:** High school All-American...Metro Area champion...used to dive for the Good Counsel High School...**PERSONAL:** Undecided on a major...born February 14, 1977.

**SAMANTHA WHITE**  
**FRESHMAN - BREAST**  
 Ormond Beach, FL - Daytona Beach SA



Potential NCAA qualifier...will final at ACCs in both breaststroke events...1993 Junior National Champion in the 200 breast...best times include 1:04.5 in 100 breast and 2:21.3 in 200 breast...**PREP:** State Champion in the 100 breast in her senior year at the Seabreeze High School...conference and district record holder...**PERSONAL:** Nicknamed Sam...undecided on a major...born November 14, 1976.

**KRISTINA McROBERTS**  
**FRESHMAN - FREE, BACK**  
 Albany, GA - Americus Blue Tide



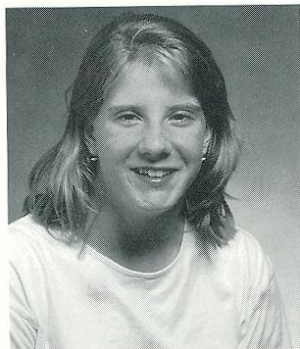
Expected to final at ACCs in both backstroke events and 500 free...Junior National qualifier...best times include 58.7 in 100 back, 1:54.3 in 200 free and 5:07.8 in 500 free...**PREP:** Holds private school state record in 500 free and 100 back...Most Valuable Swimmer during all four years...trained at Americus Blue Tide with Dr. Kirt Myers...**PERSONAL:** Chose Florida State because of its swimming coaches, team and friendliness...majoring in counseling...born October 12, 1976.

**KATHLEEN WRIGHT**  
**FRESHMAN - SPRINT FREE, FLY**  
 Marietta, GA - Swim Atlanta

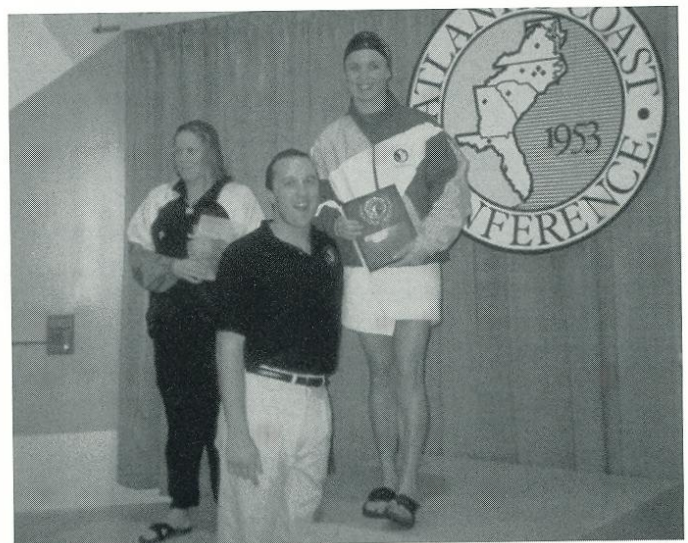


'Built for speed'...will provide depth in sprint free and fly events...best times include 24.6 in 50 free, 53.2 in 100 free, 1:55.6 in 200 free and 00:58.5 in 100 fly...**PREP:** Three time Most Valuable Swimmer while at Walton High School...1993-95 All-County selection...**PERSONAL:** Nicknamed Katie...Dad was All-American swimmer at Alabama...chose Florida State because of its swimming coaches, team and the sun...undecided on her major...born December 13, 1976.

**TENELLE RAMER**  
**FRESHMAN - FREE**  
 Goshen, IN - Ft. Wayne Aquatics



Expected to final at conference in her freestyle events...will provide strength in middle distance free events and relays...best time include 24.4 in 50 free, 51.9 in 100 free, 1:53.2 in 200 free and 5:07.4 in 500 free...**PREP:** High school All-American...Most Valuable Swimmer all four years at Goshen High School...**PERSONAL:** Majoring in nursing...born March 9, 1977.



Helen Jepson receiving her ACC Championship title.



# Lady Seminole Statistics

## WOMEN'S SCHOOL RECORDS

50 free	Laurie Lehner (1982)	00:22.77
100 free	Laurie Lehner (1982)	00:50.01
200 free	Sara Linke (1984)	01:49.39
500 free	Sara Linke (1984)	04:45.80
1000 free	Missy Connolly (1990)	10:01.62
1650 free	Missy Connolly (1990)	16:39.79
50 breast	Sharon Spuler (1982)	00:29.81
100 breast	Danielle Van Dyke (1989)	01:03.86
200 breast	Danielle Van Dyke (1989)	02:17.87
50 fly	Laurie Lehner (1982)	00:24.48
100 fly	Laurie Lehner (1982)	00:53.42
<b>200 fly</b>	<b>Helen Jepson (1995)</b>	<b>02:00.28</b>
<b>50 back</b>	<b>Jodi Krieg (1995)</b>	<b>00:26.62</b>
<b>100 back</b>	<b>Jodi Krieg (1995)</b>	<b>00:55.92</b>
<b>200 back</b>	<b>Jodi Krieg (1995)</b>	<b>02:00.69</b>
<b>200 IM</b>	<b>Jodi Krieg (1995)</b>	<b>02:04.76</b>
<b>400 IM</b>	<b>Claudia Wilson (1994)</b>	<b>04:24.58</b>
200 free relay	Lehner, Spuler, Kusseling, Gribble (1982)	01:33.50
400 free relay	Cenanovic, Chambers, Harrington, Myers (1991)	03:25.65
800 free relay	Proctor, Acre, Hoffman, Linke (1984)	07:32.26
200 medley relay	McCully, Spuler, Lehner, Kusseling (1982)	01:42.86
400 medley relay	<b>Krieg, Smith, Jepson, Kominski (1995)</b>	03:46.67
One-meter		
6 dives	Teri Lukes (1991)	281.25
11 dives	Wendy Fuller (1985)	431.60
Three-meter		
6 dives	Susan Petry (1994)	300.40
<b>11 dives</b>	<b>Erin Gillooly (1995)</b>	<b>474.40</b>

## LADY SEMINOLE MVPs

YEAR	SWIMMING	DIVING
1985-86	Karen Acre	Patsy O'Toole
1986-87	Karen Acre	Silaron Warning
1987-88	Kathy Isackson	Susan Pollack
1988-89	Kathy Isackson /Danielle Van Dyke	Susan Pollack
1989-90	Kathy Isackson	Susan Pollack
1990-91	Kristan Chambers	Susan Pollack
1991-92	Dorotea Bralic	Terry Lukes
1992-93	<b>Helen Jepson</b>	<b>Julia Henderson</b>
1993-94	Dorotea Bralic /Helen Jepson	Susan Petry
1994-95	<b>Helen Jepson</b>	<b>Erin Gillooly</b>

## INDIVIDUAL ALL-AMERICANS

YEAR	NAME	EVENT
1976	Laura Barber	50, 100 back
1977	Laura Barber	100 back
	Susie Yates	50 free
1978	Terri Miller	400 IM, 1650 free
	Jana Wilkins	100 fly
1980	Lenore Gribble	100 fly
	Lisa Nencioni	100 breast
	Sharon Spuler	50 breast
1981	Lenore Gribble	100 fly
	Meg McCully	50, 100 back
	Sharon Spuler	50 breast
1982	Kim Foster	200 back
	Lenore Gribble	50, 100 fly
	Laurie Lehner	50, 100 fly, 50, 100 free
	Meg McCully	50, 100, 200 back
	Sharon Spuler	50, 100 breast
1983	Sara Linke	200, 500 free
1984	Sara Linke	200, 500 free
1985	Wendy Fuller	1m diving
1988	Kathy Isackson	100, 200 fly
1989	Kathy Isackson	100 fly
	Danielle Van Dyke	100 breast
<b>1995</b>	<b>Helen Jepson</b>	<b>200 fly</b>

## RELAY ALL-AMERICANS

	<b>200 FREE</b>
1976	Barber, Reeves, Taylor, Dorrier
1977	Barber, Dorrier, Yates, Wilkins
1982	Spuler, Gribble, Lehner, Kusseling
	<b>400 FREE</b>
1976	Barber, Reeves, Dorrier, MacHardy
1977	Barber, Dorrier, Wilkins, Yates
1978	T. Miller, Dowdle, Barber, Wilkins
1979	Dowdle, Davidson, Dunlap, K. Miller
1982	Spuler, Laurie, Lehner, Gribble, Deck
	<b>800 FREE</b>
1977	Barber, Shuster, Pfaff, Jones
1978	T. Miller, Bajus, Wilkins, Shuster
	<b>200 MEDLEY</b>
1977	Wiking, Krueger, Wilkins, Yates
1978	Barber, Dowdle, Wilkins, Bajus
1980	Dunlap, Spuler, Gribble, Dowdle
1981	McCully, Spuler, Gribble, Foster
1982	McCully, Spuler, Lehner, Kusseling
1988	Evans, Hazard, Isackson, Myers
	<b>400 MEDLEY</b>
1981	McCully, Spuler, Nencioni, Gribble
1982	McCully, Spuler, Nencioni, Gribble



# LADY SEMINOLE TOP 10

## 50 FREE

1982	Laurie Lehner	00:22.77
1995	Ruth Kominski	00:23.28
1988	Stacia Evans	00:23.29
1988	Krissy Myers	00:23.39
1993	Susie Lerch	00:23.86
1990	Danielle Van Dyke	00:23.87
1990	Kirsten Harrington	00:23.90
1991	Nada Cenanovic	00:23.91
1993	Christy Lindsey	00:23.93
1993	Kiki Steinberg	00:24.00

## 100 FREE

1982	Laurie Lehner	00:50.01
1991	Krissy Myers	00:51.72
1991	Kirsten Harrington	00:51.75
1990	Danielle Van Dyke	00:51.75
1991	Nada Cenanovic	00:51.80
1995	Ruth Kominski	00:51.92
1988	Susan North	00:52.03
1992	Jill Patla	00:52.79
1992	Susie Lerch	00:52.84
1987	Jennie Hugus	00:53.02

## 200 FREE

1984	Sara Linke	01:49.39
1988	Susan North	01:50.10
1990	Kathy Isackson	01:51.74
1991	Kristan Chambers	01:52.16
1987	Jennie Hugus	01:52.95
<b>1995</b>	<b>Kristen Campbell</b>	<b>01:53.25</b>
<b>1995</b>	<b>Helen Jepson</b>	<b>01:53.60</b>
<b>1995</b>	<b>Jodi Krieg</b>	<b>01:53.78</b>
1990	Alison Harvey	01:53.78
1992	Julie Peluso	01:53.79

## 500 FREE

1984	Sara Linke	04:45.80
1989	Kathy Turner	04:55.97
1990	Missy Connolly	04:56.34
1991	Merrie Brennan	04:57.95
<b>1995</b>	<b>Helen Jepson</b>	<b>04:58.88</b>
1990	Alison Harvey	05:00.06
1993	Jennifer Withrow	05:01.25
1990	Aurora Valseca	05:01.45
1993	Julie Peluso	05:03.20
<b>1995</b>	<b>Maidar Gaztañaga</b>	<b>05:03.66</b>

## 1650 FREE

1990	Missy Connolly	16:39.79
1989	Merrie Brennan	16:56.33
<b>1993</b>	<b>Helen Jepson</b>	<b>16:57.43</b>
1984	Karen Acre	17:00.58
1978	Terri Miller	17:02.58
1991	Suzie Gunn	17:07.10
1990	Courtney Clark	17:07.95
1988	Missy Bunnell	17:17.50
1990	Aurora Valseca	17:21.69
<b>1994</b>	<b>Maidar Gaztañaga</b>	<b>17:24.00</b>

## 100 BREAST

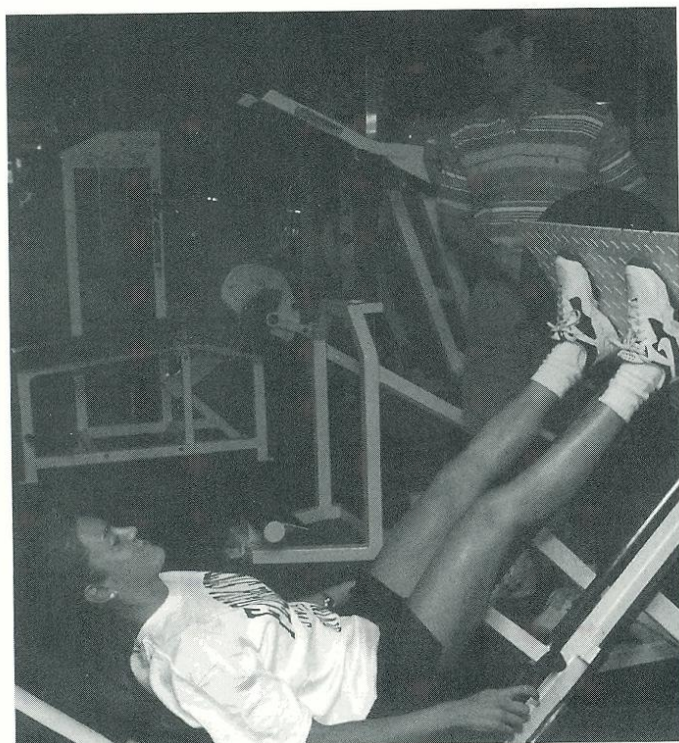
1989	Danielle Van Dyke	01:03.86
<b>1995</b>	<b>Allison Smith</b>	<b>01:04.13</b>
1993	Dorotea Bralic	01:04.29
1982	Sharon Spuler	01:04.43
1995	Ruth Kominski	01:04.47
1988	Jennifer Hazard	01:05.15
<b>1995</b>	<b>Lindy Dorminy</b>	<b>01:05.92</b>
1980	Lisa Nencioni	01:06.00
1991	Belinda Martin	01:07.02
<b>1995</b>	<b>Caroline Hamilton</b>	<b>01:07.26</b>

## 200 BREAST

1989	Danielle Van Dyke	02:17.87
1993	Dorotea Bralic	02:18.44
<b>1995</b>	<b>Allison Smith</b>	<b>02:19.16</b>
1983	Joanne Bedard	02:22.17
1988	Belinda Martin	02:22.80
1992	Ruth Kominski	02:25.08
<b>1994</b>	<b>Caroline Hamilton</b>	<b>02:25.15</b>
1991	Allison Ahrens	02:26.17
1987	Jennifer Hazard	02:26.81
<b>1993</b>	<b>Meghan Brennan</b>	<b>02:27.00</b>

## 100 FLY

1982	Laurie Lehner	00:53.42
1989	Kathy Isackson	00:54.80
<b>1995</b>	<b>Helen Jepson</b>	<b>00:56.05</b>
1995	Ruth Kominski	00:56.05
1991	Kristan Chambers	00:57.13
1988	Jennie Hugus	00:57.60
1990	Kirsten Harrington	00:58.18
<b>1994</b>	<b>Maria Toole</b>	<b>00:58.25</b>
1981	Lenore Gribble	00:58.88
1977	Jana Wilkins	00:58.91



Hamilton strength training with Coach Miller.



**200 FLY**

<b>1995</b>	<b>Helen Jepson</b> .....	<b>02:00.28</b>
1988	Kathy Isackson .....	02:00.99
1990	Kathy Turner .....	02:03.90
1992	Paige Schiff .....	02:04.34
1983	Sara Linke .....	02:05.54
1991	Kristan Chambers .....	02:05.78
1992	Julie Peluso .....	02:06.58
1991	Merrie Brennan .....	02:06.93
1991	Alison Harvey .....	02:07.72
1991	Jennifer Withrow .....	02:08.50

**100 BACK**

<b>1995</b>	<b>Jodi Krieg</b> .....	<b>00:55.92</b>
1993	Kiki Steinberg .....	00:57.65
1982	Meg McCully .....	00:57.71
1993	Susie Lerch .....	00:58.09
1994	Colleen Carpenter .....	00:58.55
<b>1993</b>	<b>Claudia Wilson</b> .....	<b>00:59.20</b>
1992	Valerie Moore .....	00:59.29
<b>1995</b>	<b>Kristen Campbell</b> .....	<b>00:59.04</b>
<b>1993</b>	<b>Beth Rosenbluth</b> .....	<b>00:59.50</b>
1984	Lori Skrobiak .....	00:59.78

**200 BACK**

<b>1995</b>	<b>Jodi Krieg</b> .....	<b>02:00.69</b>
1993	Kiki Steinberg .....	02:02.07
<b>1994</b>	<b>Claudia Wilson</b> .....	<b>02:03.04</b>
1982	Meg McCully .....	02:04.04
1994	Colleen Carpenter .....	02:04.18
<b>1995</b>	<b>Kristen Campbell</b> .....	<b>02:05.16</b>
1990	Juliet Yenglin .....	02:07.57
1992	Valerie Moore .....	02:08.40
1988	Kristan Chambers .....	02:08.77
<b>1995</b>	<b>Meghan Brennan</b> .....	<b>02:09.22</b>

**200 IM**

<b>1995</b>	<b>Jodi Krieg</b> .....	<b>02:04.76</b>
1993	Natalie Deschamps .....	02:04.97
1994	Dorotea Bralic .....	02:05.81
1990	Kiki Steinberg .....	02:06.91
<b>1994</b>	<b>Claudia Wilson</b> .....	<b>02:07.08</b>
1991	Kristan Chambers .....	02:08.14
1988	Merrie Brennan .....	02:08.28
1990	Juliet Yenglin .....	02:08.69
<b>1993</b>	<b>Meghan Brennan</b> .....	<b>02:09.01</b>
1987	Kathy Turner .....	02:09.81

**400 IM**

<b>1994</b>	<b>Claudia Wilson</b> .....	<b>04:24.58</b>
1983	Natalie Deschamps .....	04:24.62
1991	Merrie Brennan .....	04:28.27
1989	Anne Spaeder .....	04:28.66
<b>1994</b>	<b>Maidor Gaztañaga</b> .....	<b>04:28.90</b>
1987	Kathy Turner .....	04:29.80
1993	Jennifer Withrow .....	04:30.88
<b>1993</b>	<b>Meghan Brennan</b> .....	<b>04:32.79</b>
1990	Aurora Valseca .....	04:33.23
1991	Suzie Gunn .....	04:33.70

**200 FREE RELAY**

1982	Lehner, Spuler, Kusseling, Gribble .....	01:33.50
1995	Kominski, <b>Krieg, Campbell, Dorminy</b> ..	01:35.16
1991	Myers, Cenanovic, ..	01:35.25
	Harrington, Van Dyke	

**400 FREE RELAY**

1991	Cenanovic, Chambers, .....	03:25.65
	Harrington, Myers	
1982	Lehner, Deck, Spuler, Gribble .....	03:27.52
1995	Kominski, <b>Krieg, Jepson, Campbell</b> .....	03:29.03

**800 FREE RELAY**

1984	Proctor, Acre, Hoffman, Linke .....	07:32.26
1991	Steinberg, Chambers, .....	07:34.81
	Brennan, Harrington	
1994	<b>Jepson, Gaztañaga,</b> .....	07:38.96
	Carpenter, <b>Campbell</b>	

**200 MEDLEY RELAY**

1982	McCully, Spuler, Lehner, Kusseling .....	01:42.86
1995	<b>Krieg, Smith, Jepson, Kominski</b> .....	01:44.50
1993	Steinberg, Bralic, Jepson, Lindsey .....	01:45.77

**400 MEDLEY RELAY**

1995	<b>Krieg, Smith, Jepson, Kominski</b> .....	03:46.67
1990	Steinberg, Van Dyke, .....	03:49.17
	Isackson, Harrington	
1993	Steinberg, Bralic, <b>Jepson, Lerch</b> .....	03:49.99

**1M DIVING - 6 DIVES**

1991	Teri Lukes .....	281.25
1986	Wendy Fuller .....	276.40
<b>1993</b>	<b>Julia Henderson</b> .....	<b>272.40</b>

**1M DIVING - 11 DIVES**

1985	Wendy Fuller .....	431.40
<b>1994</b>	<b>Julia Henderson</b> .....	<b>402.40</b>
<b>1995</b>	<b>Erin Gillooly</b> .....	<b>398.95</b>
1992	Teri Lukes .....	392.70
1993	Shelly King .....	379.55

**3M DIVING - 6 DIVES**

1994	Susan Petry .....	300.40
<b>1994</b>	<b>Erin Gillooly</b> .....	<b>298.95</b>
1986	Patsy O'Toole .....	298.85

**3M DIVING - 11 DIVES**

<b>1995</b>	<b>Erin Gillooly</b> .....	<b>474.40</b>
1984	Jane Alexander .....	470.00
1994	Susan Petry .....	459.80
1992	Teri Lukes .....	458.00
<b>1994</b>	<b>Julia Henderson</b> .....	<b>457.15</b>

**LADY SEMINOLE  
ALL-ACADEMIC**

1987	.....	Team
1988	.....	Team
1989	.....	Team
1990	.....	Kathy Isackson, Team
1991	.....	Team
1992	.....	Team
1993	.....	Team
1994	.....	Team
<b>1995</b>	.....	<b>Helen Jepson, Team</b>

*Bold indicates active performers.*



# ACC Women's Records

EVENT	TIME	NAME	YEAR	CONFERENCE	TIME	NAME	YEAR
				<b>200 BUTTERFLY</b>			
Conference:	22.83	Sarah Perroni, NC	1993	Conference:	1:58.04	Melanie Buddemeyer, NC	1985
Meet:	23.13	Sarah Perroni, NC	1993	Meet:	1:58.41	Melanie Buddemeyer, NC	1985
				<b>50 FREESTYLE</b>			
Conference:	48.84	Mitzi Kremer, CU	1989	Conference:	2:00.81	Karen Burgess, UV	1993
Meet:	49.64	Mitzi Kremer, CU	1989	Meet:	2:00.81	Karen Burgess, UV	1993
				<b>100 FREESTYLE</b>			
Conference:	1:44.78	Mitzi Kremer, CU	1989	Conference:	4:11.32	Polly Winde, NC	1984
Meet:	1:47.14	Mitzi Kremer, CU	1989	Meet:	4:17.64	Carrie Szluc, NC	1993
				<b>200 FREESTYLE</b>			
Conference:	4:39.18	Mitzi Kremer, CU	1989	Conference:	1:32.15	UNC (Pless, Scott, Mitchell, Walsh)	1984
Meet:	4:45.66	Mitzi Kremer, CU	1989	Meet:	1:32.86	UNC (Pless, Mesmer, Walsh, Harris)	1981
				<b>500 FREESTYLE</b>			
Conference:	16:24.39	Hannah Turlish, NC	1988	Conference:	3:21.02	UNC (Hart, Haag, Huber, Perroni)	1993
Meet:	16:27.37	Amy Lepping, NC	1982	Meet:	3:21.02	UNC (Hart, Haag, Huber, Perroni)	1993
				<b>1650 FREESTYLE</b>			
Conference:	54.74	Sue Walsh, NC	1983	Conference:	7:15.96	UV (Valerio, Sawyer, Hallin, O'Donnell)	1988
Meet:	55.41	Karen Burgess, UV	1993	Meet:	7:21.75	UNC (Haag, Allison, Huber, Perroni)	1993
				<b>100 BACKSTROKE</b>			
Conference:	1:58.82	Sue Walsh, NC	1984	Conference:	1:42.63	UNC (Walsh, Pless, Berizzi, Harris)	1981
Meet:	1:58.88	Karen Burgess, UV	1993	Meet:	1:43.99	UNC (Haag, Nemeth, Garth, Perroni)	1993
				<b>200 BACKSTROKE</b>			
Conference:	2:16.34	Polly Winde, NC	1984	Conference:	3:44.42	UNC (Walsh, Strickland, Mitchell, Pless)	1984
Meet:	2:17.70	Polly Winde, NC	1983	Meet:	<b>3:46.67</b>	<b>FSU (Krieg, Smith, Jepson, Kominski)</b>	1995
				<b>400 MED. RELAY</b>			
Conference:	1:03.08	Patty Watters, NCS	1981				
Meet:	<b>1:04.13</b>	<b>Allison Smith, FSU</b>	<b>1995</b>				
				<b>100 BREASTSTROKE</b>			
Conference:	53.91	Melanie Buddemeyer, NC	1985				
Meet:	54.56	Melanie Buddemeyer, NC	1987				
				<b>100 BUTTERFLY</b>			

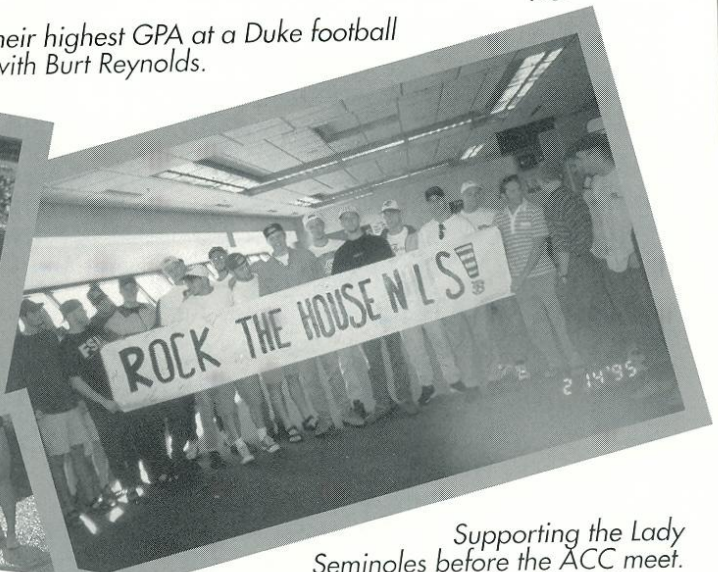
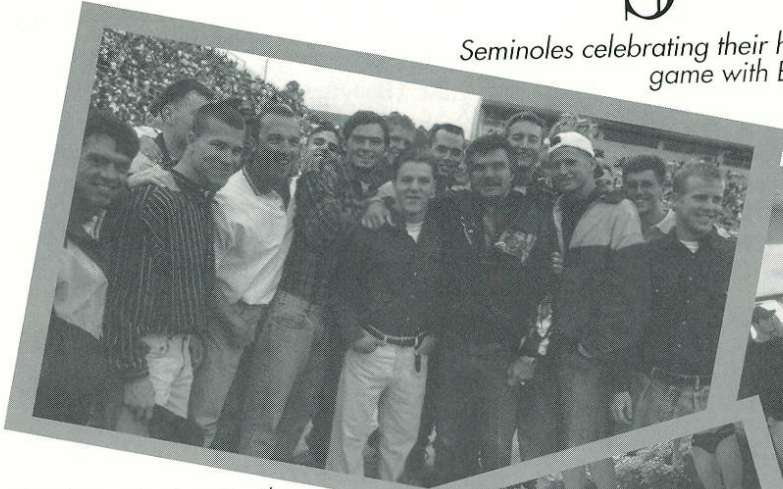
*Bold indicates Lady Seminoles.*





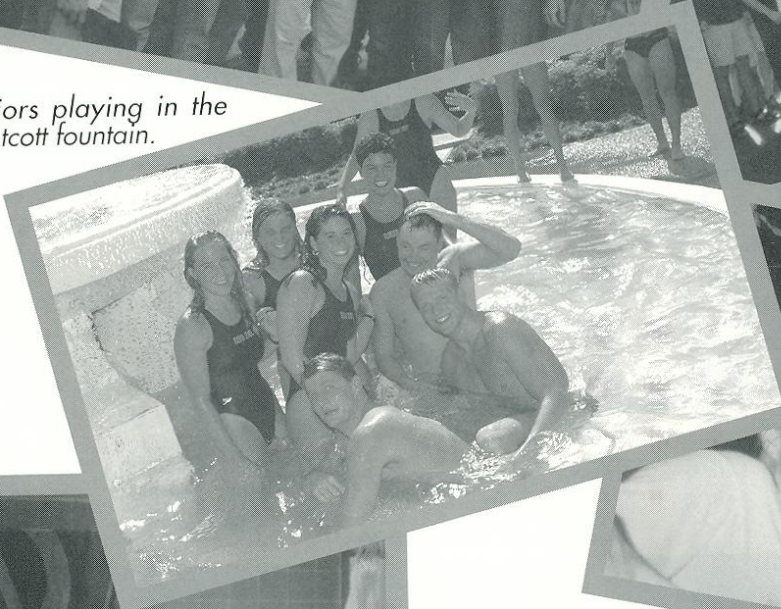
# This Is Seminole Swimming & Diving

*Seminole celebrating their highest GPA at a Duke football game with Burt Reynolds.*

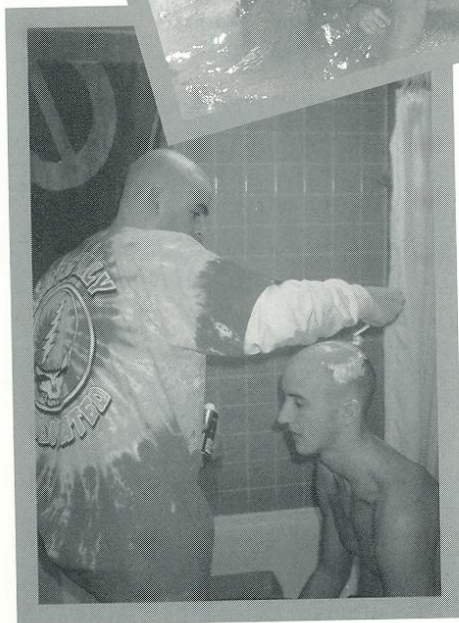


*Supporting the Lady  
Seminole before the ACC meet.*

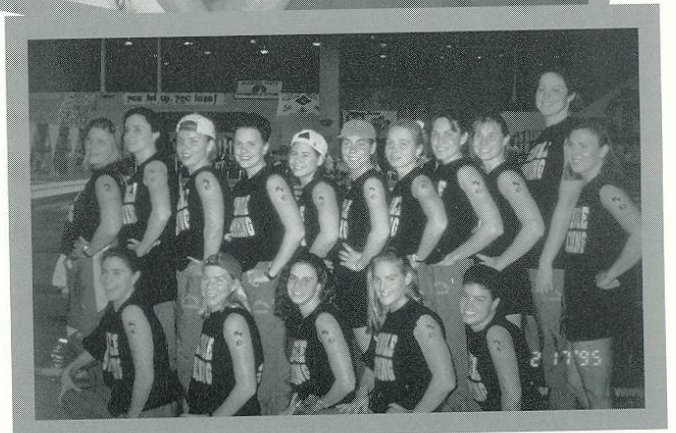
*Seniors playing in the  
Westcott fountain.*



*On the road:  
Bendixen, Jepson,  
Krieg, Toole, and  
Coelho.*



*ACC ritual: Semesco  
going bald.*



*Ladies display Seminole spirit.*



# Seminole Outlook

The 1994-95 season saw the Florida State Seminoles push onto the national scene. The men's regular-season record was just 4-6, but they exploded at the ACC championships. In one of the most successful championships in school history, the Seminoles took eight ACC titles on their way to an overall second place finish, and in the process broke eight school records.

Due to the outstanding success of the men's swimming/diving program Don Gibb, in only his second year as head coach, was named ACC Coach of the Year and junior Rob Braknis took home the ACC Swimmer of the Year award. The Seminoles' highest previous finish at the ACC championships was a third place finish in 1994, at the meet held in Tallahassee.

The Seminoles, represented by Dustin Bengston, Eduardo Coelho, Charles Haberstroh, Ignacio Merino and Braknis finished 25th at the NCAA meet. The team was propelled by two, top 16 finishes of the 200 and 400 medley relays, while Braknis and Merino captured All-American status by placing 8th in the 200 back and 13th in the 200 fly, respectively.

"This was a great year for the Seminoles," diving coach Gary Cole said. "It is the best year we had since I've been here, but I would still like for our team to become the diving power of the ACC and get some divers to join the swimmers at the NCAAs."

In the 1995-96 season, the Seminoles will be led by the returning ACC champions senior John Haynes, and juniors Frank Bradley, Coelho and Haberstroh. With these swimmers in the lead, the 'Noles hope to challenge for the conference title this year.

Braknis and Bengston, the top scorers in the 1994-95 season, will not be competing for the Seminoles this year. They are training with their home teams to prepare for the 1996 Olympics.

Haynes, from Tallahassee, Fla., broke out last year with a third place finish in the 100 free and two consolation finals in the 50 and 200 free at the ACC Championships. He was also a member of the winning 400 medley and 200 free relays.

Bradley, from Plantation, Fla., was the surprise swimmer of the ACC meet last year, winning the 200 IM with a school record time of 1:49.56. He made the consolation finals in both the 100 breast and 200 back and has the potential to qualify for NCAAs this year.

Coelho, from Rio de Janeiro, Brazil, finished 2nd in the 100 free, 3rd in the 50 free, and 5th in the 100 fly at the

ACC Championships. He was on the 200 and 400 medley relays, which captured the All-American title at the NCAAs. In his third year at FSU, Coelho is looking to individually qualify for the NCAAs and help bring up the Seminoles in the league standings.

Haberstroh, from Canton, Mass., was the ACC champion in the 400 IM, and was a finalist in the 1650 free and the 500 free. He holds three school records and is expected to make a return appearance at NCAAs.

The Seminole swimming/diving team will look to continue its success from last season with the addition of a large freshman class. They have gained three outstanding additions in Nei-Kuan Chia,

Brendon Dedekind and Stephen Perry. This class will be looking to make a huge splash at the ACC Championships. Chia, Dedekind and Perry are all expected to qualify for NCAAs.

"Even though our top scorers Braknis and Bengston will not be joining the team this year," Gibb said, "the

addition of a talented freshman class should help our men in capturing the ACC title."

The 1995-96 men's swimming/diving team will be looking to improve immensely on last year's performance while challenging for the ACC title. Another goal is to finish in the top 20 at the NCAAs. With the returning ACC champions and NCAA qualifiers and the addition of the freshman class, the team hopes to solidify its image of an up and coming program. 🌐

**THE 1995-96 MEN'S  
SWIMMING/DIVING TEAM  
WILL BE LOOKING TO IMPROVE  
IMMENSELY ON LAST YEAR'S  
PERFORMANCE WHILE  
CHALLENGING FOR THE ACC TITLE.**



Braknis, Gerrard, Haynes, and Coelho.



# Seminole Roster

NAME	HEIGHT	CLASS	EVENT	HOMETOWN
Derek Banta	5'8"	SR	Diving	Ft. Lauderdale, FL
Thomas Bendixen	6'2"	SR	Free, Fly	Varde, Denmark
Frank Bradley	6'1"	JR	Breast, IM	Plantation, FL
Nei-Kuan Chia	6'3"	FR	Spring Free, Fly	Tallahassee, FL
Brian Christensen	6'1"	SO	Back	Davie, FL
Eduardo Coelho	5'10"	JR	Sprint Free, Fly	Rio de Janeiro, Brazil
Brendon Dedekind	6'2"	FR	Free	Natal, South Africa
Kerwin Deese	6'2"	FR	Back, IM	Titusville, FL
Mark Draper	5'10"	SO	Breast, IM	Ocala, FL
Matt Dunn	5'11"	JR	Distance Free	Gainsville, FL
Nathan Eley	6'2"	FR	Free	West Melbourne, FL
Corey Geraghty	5'7"	JR	Diving	Milford, CT
Ryan Gratzick	6'1"	SO	Back, IM	Spotsylvania, VA
Chip Haberstroh	6'0"	JR	Distance Free, IM	Canton, MA
John Haynes	6'3"	SR	Free, Back	Tallahassee, FL
Owen Henderson	5'11"	FR	Breast	Miami Shores, FL
James Henley	6'0"	FR	Breast, IM	Baton Rouge, LA
Paul Lizon	6'0"	SO	Sprint Free	Knoxville, TN
Matt McVittie	6'2"	FR	Sprint Free, IM	Chelsea, MI
Jonathon Mount	6'3"	FR	Free, Back	Panama City, FL
Kevin Murphy	6'0"	SR	IM, Back	Bowie, MD
Stephen Parry	6'4"	FR	Fly, Breast	Liverpool, Great Britain
Chris Plaisted	5'10"	SO	Distance Free	Rockledge, FL
Kevin Rowley	6'1"	SO	Back, Free, IM	Orlando, FL
Erik Schlichenmaier	6'4"	SR	Back, Sprint Free	Indiatlantic, FL
Matt Schmauch	6'4"	SR	Breast, IM	Dunedin, FL
Armando Schumacher	6'2"	JR	Free	Tampa, FL
David Semesco	6'2"	JR	Back	Ocala, FL
Tim Welsch	5'10"	FR	Breast, Sprint Free	Marietta, GA





# Meet The Returning Seminoles

## DEREK BANTA

SENIOR - DIVER  
Ft. Lauderdale, FL - Pine Crest

Talented diver looking to improve on last year's performance at the ACC Championships...expected to provide valuable leadership for the team...**1995:** Finished 13th in both one and three meter boards at ACCs...recieved Most Valuable Diver award for FSU ...**1994:** Finished 12th in three-meter and 13th on the one-meter board at conference...**1993:** Finished 12th on the one-meter and 14th on the three-meter boards...**PREP:** Honorable mention All-Broward County diver while at Fort Lauderdale High School...**PERSONAL:** Greatest ambition is to be successful in everything he does...majoring in marketing...born February 1, 1974.



he does...majoring in marketing...born February 1, 1974.

## THOMAS BENDIXEN

SENIOR - FREE, FLY  
Varde, Denmark - SGI Club Team

Middle distance freestyler...member of the Danish record 400 free and 800 free relay teams...finished third in 200 fly at Danish Nationals this past summer...made the dean's list his junior year...**1995:** Conference finalist in the 200 fly...consolation finalist in the 500 free and 200 free...member of 800 free relay team which finished third in the conference...**1994:** Finished 4th in 200 free...consolation finalist in 500 free...was on the 800 free relay team that finished 5th at the conference meet...**1993:** ACC consolation finalist in the 200 and 500 free ...personal best times include 1:39.66 in the 200 free, 4:30.00 for 500 free, and a 1:51.00 in the 200 fly...**PREP:** Swam for SGI Club Team in Denmark...**PERSONAL:** Greatest ambition is to qualifying for NCAAAs and get his MBA degree...majoring in international business and finance...born March 6, 1973.



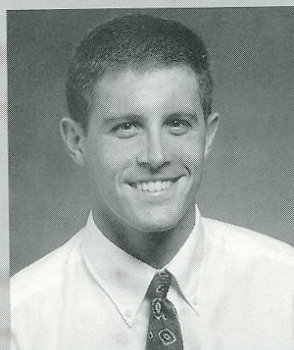
SGI Club Team in Denmark...**PERSONAL:** Greatest ambition is to qualifying for NCAAAs and get his MBA degree...majoring in international business and finance...born March 6, 1973.

## ACC CHAMPION

## JOHN HAYNES

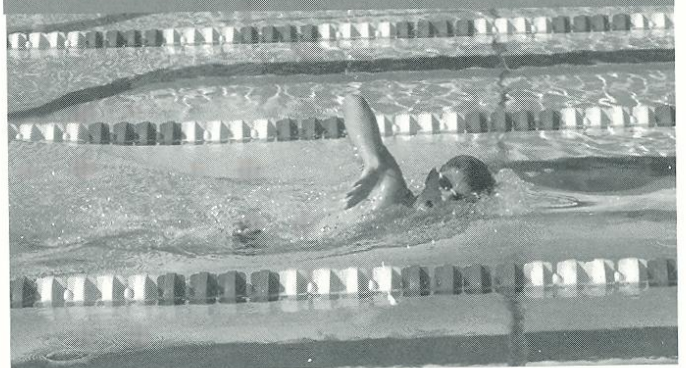
SENIOR - FREE  
Tallahassee, FL - ATAC

Hard worker, had great success last year in the 50, 100, and 200 freestyle events...outstanding student, has made dean's list four straight years ...**1995:** Finished 3rd at the ACCs in the 100



free, consolation finalist in the 50 free and 200 free ...member of the winning 400 medley and 200 free relays...member of the 800 free relay that finished 3rd and anchored the 400 free relay to 2nd place finish...**1993:** Member of the 800 free

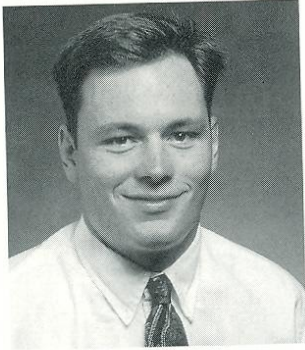
relay that placed 4th at the ACC championships...**1992:** Redshirted...personal best times include 1:39.66 in the 200 free, 45.20 in the 100 free, and 20:88 in the 50 free...**PREP:** A three-year letter winner at local Lincoln High School ...school record holder in both the 100 back and 200 freestyle...**PERSONAL:** Nicknamed Hitman ...majoring in electrical engineering...plans to attend law school...born June 2, 1973.





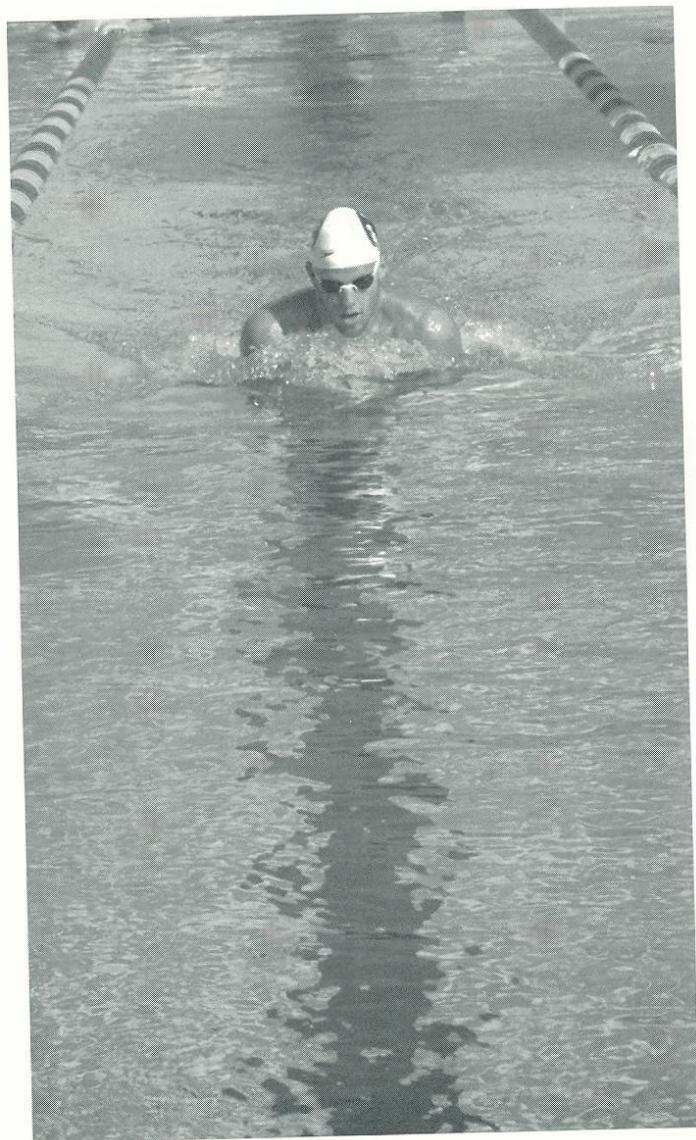
**KEVIN MURPHY**  
**SENIOR - IM, BACK**  
 Bowie, MD - Bulldog Aquatics

Steady performer in the IMs and breaststroke...an extremely hard worker who possesses great work habits...outstanding student...



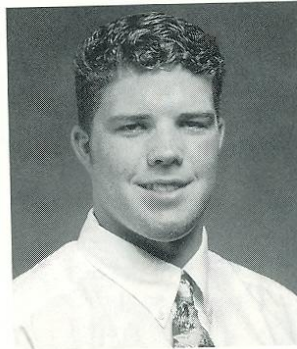
...1995: Finished 6th in the 400 IM at ACCs, was a consolation finalist in 200 IM and 200 breast...1994: Finished 6th at the conference meet in 200 IM, finalist in the 200 breast and consolation finalist in the 400 IM...1993: Took 5th place in the 200 breast at ACCs...personal best times include 3:57 in the 400 IM, 1:52.1 in the 200 IM and 2:04.5 in the 200

breast-stroke...**PREP:** Four-time letterwinner at Maryland's Roosevelt High School...an All-Metro pick his junior and senior years...**PERSONAL:** Majoring in business...born August 22, 1974.



**ERIK SCHLICHENMAIER**  
**SENIOR - BACK, SPRINT FREE**  
 Indiatlantic, FL - Broward Swimming

Talented, versatile sprinter who can compete in the back, fly and free events...member of school record holding 200 free relay...



1995: Made consolation finals in both the 100 free and 100 back at ACCs...was on the 1st place 200 free relay...1994: Finished 6th in the 100 fly and 8th in the 100 back, was on 1st place 200 medley relay and on the 2nd place 200 free relay...1993: Finished 6th in 100 back and 8th in 100 fly at the conference meet...personal best times include 51.22 in the 100 back, 50.53 in the 100 fly, 46.01 in 100 free,

and 20.62 in the 50 free...**PREP:** Was a finalist at the state meet in the 100 free and 100 back at Satellite Beach High School...qualified for Junior Nationals...**PERSONAL:** Nicknamed Shlick...greatest ambition is to score at NCAAAs and coach high school swimming...father swam at FSU and was a team captain in 1968...majoring in English...born July 14, 1974.

**ACC CHAMPION**  
**FRANK BRADLEY**  
**JUNIOR - BREAST, IM**  
 Plantation, FL - Pine Crest

Talented breaststroke and IM specialist looking to continue the success he had last year...1995: ACC champion in the 200 IM, consolation finalist in the 100 breast and 200 back...



1994: Finished 7th in the 100 breast and consolation finalist in the 200 back...personal best times include 1:49.50 in 200 IM, 56.6 in 100 breast, and 1:51.50 in 100 back

...**PREP:** Florida state high school champion in the 100 breast and Broward County Swimmer of the Year as a senior...three year All-American at St. Thomas Aquinas High School...was on the record breaking 400 medley relay at Junior Nationals in 1993...**PERSONAL:** Nicknamed Hollywood...greatest ambition is to win the 200 IM at NCAAAs...majoring in sports management...born August 6, 1975.

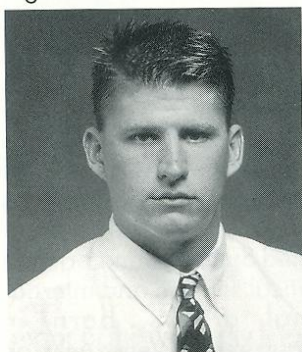


# MATTHEW SCHMAUCH

SENIOR - IM, BREAST

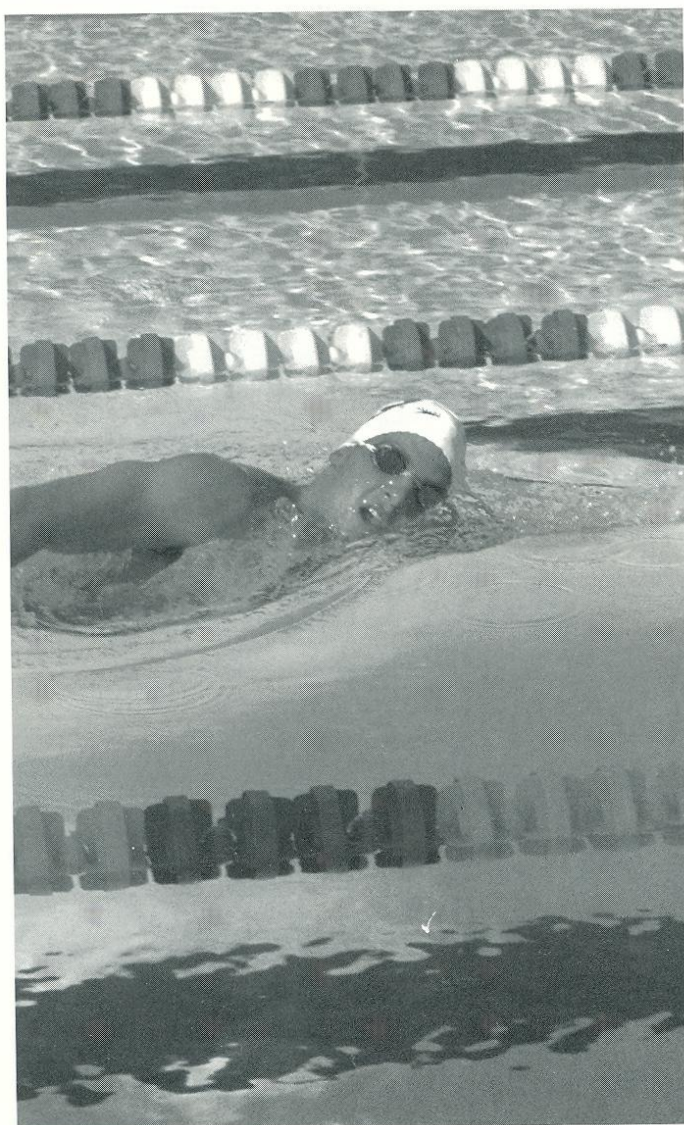
Dunedin, FL - Livonia Aquatic Club

Men's team captain for the second year in a row...hard working IM and middle distance freestyler...excellent student, on the dean's list four straight years...



**1995:** At conference meet, placed 7th in 200 IM, 400 IM, and 200 breast... **1994:** Finished 5th in 200 IM and made consolation finals in 400 IM at ACCs... **1993:** As a freshman competed for the University of Florida...personal best times include 1:50.80 in the 200 IM, 3:58.26 in the 400 IM, and 2:03.29 in the 200 breast... **PREP:** Earned All-Area and All-State honors three times at

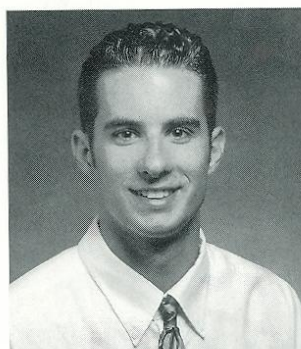
Allen Park High School in Michigan...won back-to-back state 200 IM titles during his junior and senior years...**PERSONAL:** Nicknamed Shmacker...pursuing a master's degree in sports administration and finance... born November 10, 1973.



# COREY GERAGHTY

JUNIOR - DIVER

Millford, CT - Southern Connecticut State University



Started diving for FSU in January of 1995 and had a very good ACC meet...is expected to challenge for an ACC title and for a spot at NCAAs... **1995:** Was 4th on the one-meter and 10th on the three-meter boards at the conference meet... **PREP:** Named All-League and All-State all four years of high school...**PERSONAL:** Older brother is captain of Syracuse gymnastics team...greatest ambition is to

own a business...majoring in merchandising...born August 21, 1974.

# ACC CHAMPION

## EDUARDO COELHO

JUNIOR - SPRINT FREE, FLY

Rio de Janeiro, Brazil - Coral Springs Swim Club

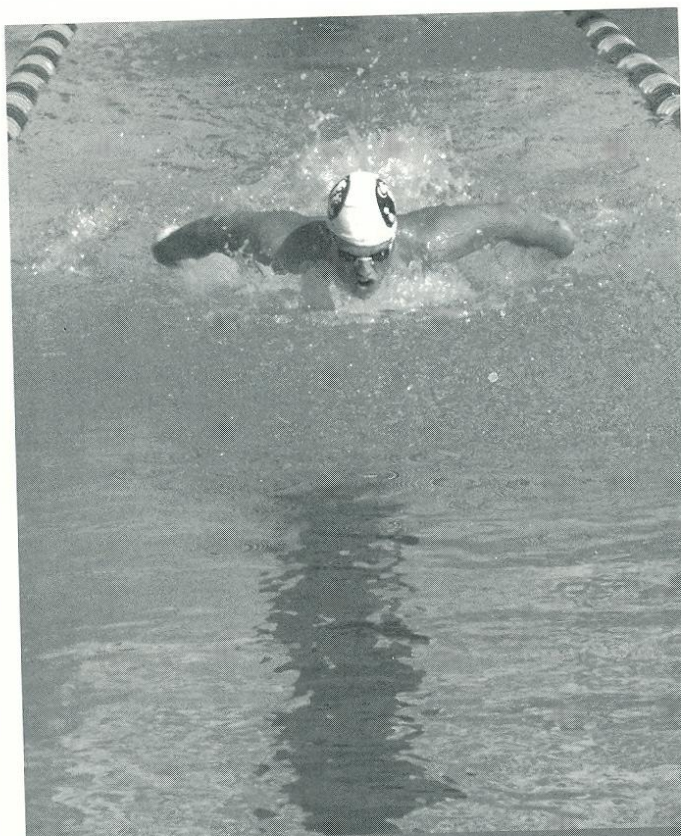
Strong free and fly sprint swimmer with a legitimate shot of making NCAAs...excellent relay swimmer...



...made the ACC Honor Roll for 1995... member of school record-holding 200 free, 200 medley, and 400 medley relay... **1995:** Took 2nd in 100 free, 3rd in 50 free, and 5th in 100 fly at ACCs... was on the 1st place and school

record 200 free, 200 medley, and 400 medley relays... helped the 400 free relay to 2nd place finish... **1994:** Finished 5th in 100 free and 6th in the 50 and 200 free...was on the 2nd place 200 and 400 free relays...anchored the 400 medley relay to 2nd place...personal best times include 20:70 in the 50 free, 45:03 in the 100 free, 1:40 in the 200 free and 50.69 in the 100 fly...**PREP:** Had an outstanding career at Coral Springs High School...trained at the CSSC under coach Michael Lobergh...**PERSONAL:** Majoring in industrial engineering...born September 27, 1975.

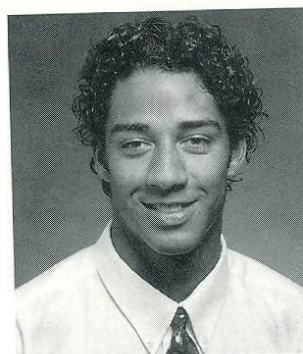




## ARMANDO SCHUMACHER

JUNIOR - FREE  
Tampa, FL - Bolles

Provides depth in freestyle events...**1995:** Redshirted ...personal best times include 46.80 in the 100 free and 1:43.70 in the 200 free...**PREP:** Recipient of two letters while at swimming powerhouse Bolles High School in Jacksonville...member of state championship team as a senior...**PERSONAL:** Nick-named Superfly...majoring in political science and international affairs...born in Barquisimeto, Venezuela on August 16, 1974.

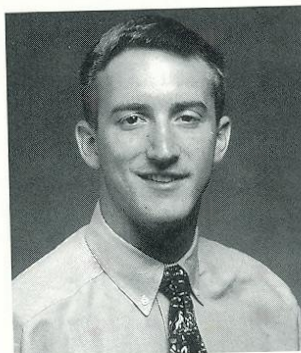


## DAVID SEMESCO

JUNIOR - BACK

Ocala, FL - Central Florida Swim Club

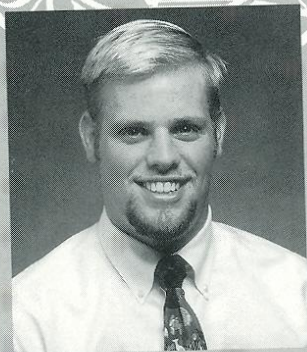
Provides depth in the backstroke events...made dean's list for spring of 1995...**1995:** Made consolation finals in 100 back...personal best times include 51.78 in the 100 back and 1:52.53 in the 200 back...**PREP:** Team MVP as a senior at Forest High School in Ocala...named team's Most Improved Swimmer after his first season...**PERSONAL:** Majoring in criminology...born April 23, 1975.



## ACC CHAMPION CHIP HABERSTROH

JUNIOR - DISTANCE FREE, IM  
Canton, MA - Massachusetts Bay Marlins

Two-time NCAA qualifier...a potential scorer at this year's NCAAAs...named to the All-ACC team...FSU record holder in the 400 IM with 3:51.05, 1000 free with 9:14.69 and the 1650 free with 15:24.62...**1995:** Won the ACC title in the 400 IM and placed 4th in the 1650 free...**1994:** Conference runner-up in the 400 IM...finished 6th in the 500 fly...finished 3rd in the 1650 free...personal best times include a 3:51.05 in the 400 IM, a 4:29.15 in the 500 free, and a 15:24.62 in the 1650 free...**PREP:** Lettered four times at Boston College High School...Massachusetts Swimmer of the Year as a sophomore, junior and senior...**PERSONAL:** Plans to major in business management...born May 11, 1975.

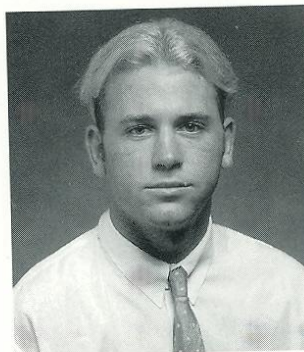


...finished 3rd in the 1650 free...personal best times include a 3:51.05 in the 400 IM, a 4:29.15 in the 500 free, and a 15:24.62 in the 1650 free...**PREP:** Lettered four times at Boston College High School...Massachusetts Swimmer of the Year as a sophomore, junior and senior...**PERSONAL:** Plans to major in business management...born May 11, 1975.

## BRIAN CHRISTENSEN

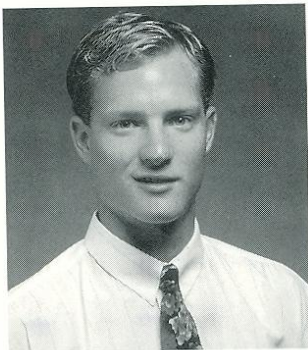
SOPHOMORE - BACK  
Davie, FL - Plantation Swim Club

Will provide depth in the backstroke and IM events...personal best times include 53.32 in 100 back, 1:53.90 in 200 back, and 1:58.40 in the 200 IM...**PREP:** Named Most Valuable Swimmer for junior and senior year...**PERSONAL:** Greatest ambition is to make NCAAAs...undecided on a major...born May 14, 1976.





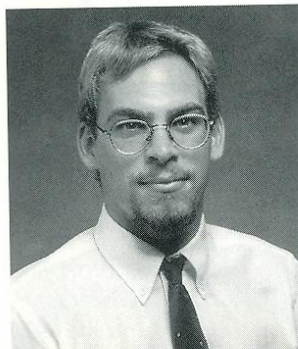
**MATTHEW DUNN**  
**SOPHOMORE – DISTANCE FREE**  
 Gainesville, FL - Florida Aquatics



Among team's best in the middle distance free events...**1995:** Made consolation finals in the 1650 free at the conference meet...**1994:** Redshirted...personal best times include 1:41.40 in the 200 free, 4:33.00 in the 500 free, and 15:54.00 in the 1650 free...**PREP:** Seven-time district champion at Bucholz...*Gainesville Sun's* Swimmer of the Year as a junior and senior...**PERSONAL:** Greatest ambition is to become an athletic director at the university level...majoring in sports management

...born August 26, 1974.

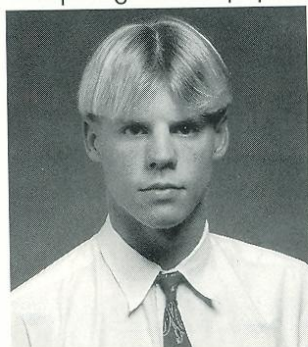
**CHRIS PLAISTED**  
**SOPHOMORE – DISTANCE FREE**  
 Rockledge, FL - Brevard Swimming



Potential to qualify for NCAAAs...a consolation finalist at the World Championship Trials in the mile swim...**1995:** Finished 6th in the 1650 free, 8th in the 200 fly, and made consolation finals in the 500 free...personal best times include 1:41.00 in the 200 free, 4:29.00 in the 500 free, and 1:51.00 in the 200 fly...**PREP:** Ranked second nationally in the 1500 free for his age group...state champion in the 200 free as a junior...finished 9th at Senior Nationals in the 800 meter free...**PERSONAL:**

Greatest ambition to attend nursing school...majoring in nursing...born March 27, 1976.

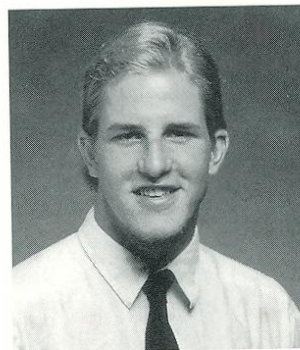
**RYAN GRATZICK**  
**SOPHOMORE – BACK, IM**  
 Spotsylvania, VA - Rappahannoch Area YMCA Swimming



Competing for the top spot on the team in the backstroke events

...good student, made dean's list last year...personal best times include 53.32 in 100 back, 1:54.00 in 200 back, 1:59.00 in 200 IM, and 55.10 in the 100 fly...**PREP:** Swam at Spotsylvania High School, where he also played basketball, soccer and ran cross country...**PERSONAL:** Greatest ambition is to make a six digit salary...majoring in business...born November 27, 1975.

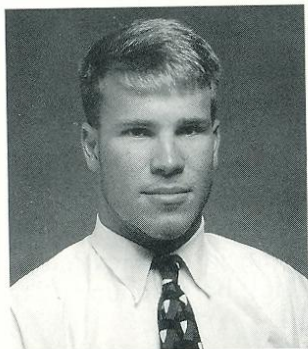
**KEVIN ROWLEY**  
**SOPHOMORE – BACK, FREE, IM**  
 Orlando, FL - Trinity Aquatics



Adds quality depth in the IM, freestyle and backstroke events...should contend for a spot on the conference team...personal best times include 4:06.79 in the 400 IM, 1:54.58 in the 200 IM, 1:53.48 in the 200 back, and 46.80 in the 100 free...**PREP:** Standout swimmer at Orlando's University High School...finished 3rd in 200 IM and 4th in 100 free at state championships as a senior...three time MVP...**PERSONAL:** Dressed up as Chief Osceola at

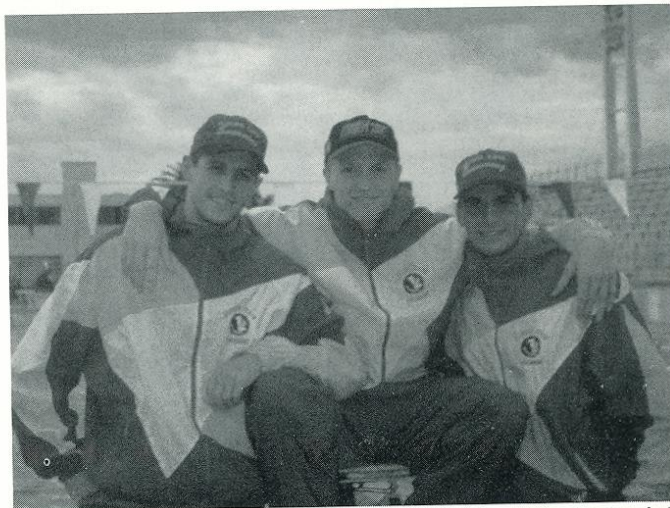
1995 ACC Championships...greatest ambition is to be a NCAA finalist and to design album covers for a major music group...majoring in graphic design...born July 2, 1976.

**PAUL LIZON**  
**SOPHOMORE – SPRINT FREE**  
 Knoxville, TN - Pilot Aquatics



Promising sprint freestyler with potential to final in the conference meet...a hard worker in and out of the water...personal best times include 21.54 in the 50 free, 46.6 in the 100 free and 1:45.0 in the 200 free...**PREP:** Standout swimmer at the Webb School in Knoxville...made All American status his junior and senior years in the 50 and 100 free...**PERSONAL:** Greatest ambition is to be successful at everything he does...majoring in international law...born February 27, 1976.

...greatest ambition is to be a NCAA finalist and to design album covers for a major music group...majoring in graphic design...born July 2, 1976.

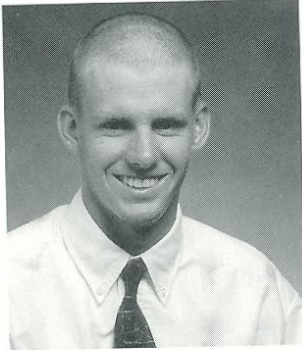


Haynes, Bendixen, and Coelho at a meet in Ft. Lauderdale.



# MEET THE NEWCOMERS

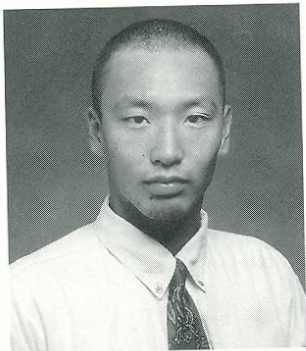
**MARK DRAPER**  
**SOPHOMORE - BREAST. IM**  
 Ocala, FL - Central Florida Swim Club



Transfer from Richmond...expected to swim the breast and IM events...personal best times include a 2:10.00 in the 200 breast, 1:01.00 in the 100 breast, and a 4:12.00 in the 400 IM...**PREP:** High school state finalist 1994...YMCA National Finalist 1993, 1994...four time high school team MVP...**PERSONAL:** Majoring in accounting...born April 24, 1976.

**NEI-KUAN CHIA**  
**FRESHMAN - SPRINT FREE. FLY**  
 Tallahassee, FL - ATAC

Has the potential to qualify for NCAAAs in the fly and sprint freestyle events...outstanding student...Taiwanese

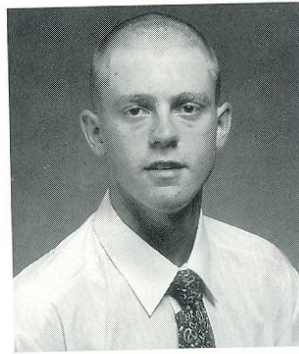


National Champion in the 100 fly...personal best times include 21.45 for the 50 free, 46.90 in the 100 free, 1:43.30 in the 200 free, and a 52.31 in the 100 fly...**PREP:** State champion in 100 free and runner-up in the 50 free as a senior...1994 Florida All-Big Bend Swimmer of the Year...was on 2nd place 800 free relay at the 1995 Junior Nationals...

**PERSONAL:** Greatest ambition is to win an event at NCAAAs and to be head of Pediatrics at the St. Jude's Children's Hospital...majoring in biology...born July 23, 1977.

**BRENDON DEDEKIND**  
**FRESHMAN - FREE**  
 Natal, South Africa - S.E.A.L.S.

Outstanding swimmer...has Olympic potential...will have an

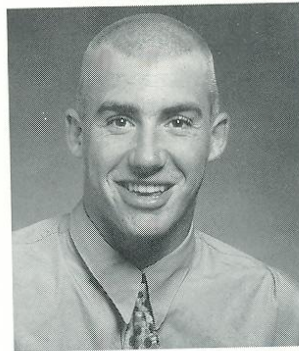


engineering...born February 14, 1976.

impact at ACCs and is also expect to add to the team's relay strength...expected NCAA qualifier...**PREP:** Received honors for swimming at Maritz-burg in 1992...received colors for Water-Polo in 1993...**PERSONAL:** Nicknamed Javelin or Jav...greatest ambition is to have NCAA and Olympic success...majoring in electrical engineering...

**KERWIN DEESE**  
**FRESHMAN - BACK. IM**  
 Titusville, FL - Brevard Swim Association

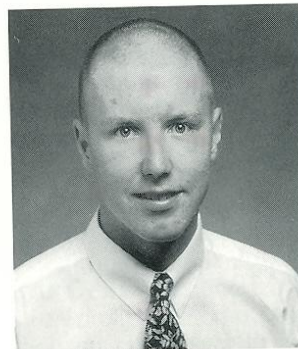
Attending FSU on an academic scholarship...very hard



worker...coaches predict big improvements in his times this season...personal best times include a 4:08.00 in the 400 IM, 1:54.00 in the 200 back, and a 1:57.00 in the 200 IM...**PREP:** Cape Coast Conference and District Champion in 1994...state runner-up in 1994...Florida Today Space Coast MVP as a senior...

**PERSONAL:** Nicknamed Kermit...greatest ambition is to swim in the Olympics...speaks fluent French...majoring in international business...born July 19, 1977.

**NATHAN ELEY**  
**FRESHMAN - FREE**  
 West Melbourne, FL - Brevard Swim Association



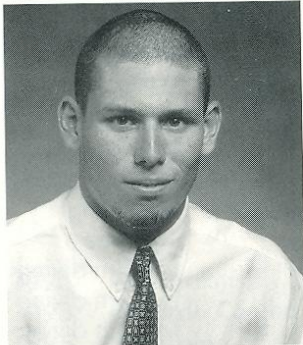
Strong sprinter...outstanding student...personal best times include 23.2 in the 50 free, 49.9 in the 100 free, 1:56.7 in the 200 free, and a 5:14.9 in the 500 free...**PREP:** State qualifier junior and senior years...MVP and team captain his senior year...**PERSONAL:** Majoring in chemical engineering...born January 21, 1977.



**OWEN HENDERSON**  
**FRESHMAN - BREAST, IM**  
 Miami Shores, FL - Pine Crest

in top three at NCAAAs...majoring in criminal justice...born March 22, 1977.

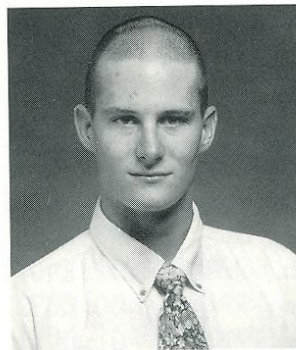
Adds depth in the breaststroke and IM events...potential



NCAA qualifier...personal best times include a 58.29 in the 100 breast, 2:03.94 in the 200 breast, 1:58.31 in the 200 IM, and a 4:13.42 in the 400 IM...**PREP:** Placed 3rd at state championships in 100 breast as a senior...at 1995 Junior Nationals was 6th in 200 breast and 11th in the 100 breast...**PERSONAL:** Nicknamed Otis...greatest ambition is to score at NCAAAs...undecided on a major

...born September 26, 1976.

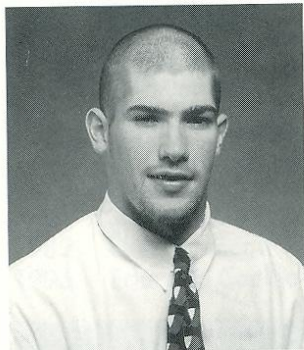
**JONATHAN MOUNT**  
**FRESHMAN - FREE, BACK**  
 Panama City, FL - Panama City Swim Club



Has much room for big improvements...will add depth in the sprint events...**PREP:** State finalist in 100 free as a senior...MVP his junior year...**PERSONAL:** Greatest ambition is to place at NCAAAs and to work at the Olympic Training Center in Colorado...majoring in sports medicine...born June 4, 1976.

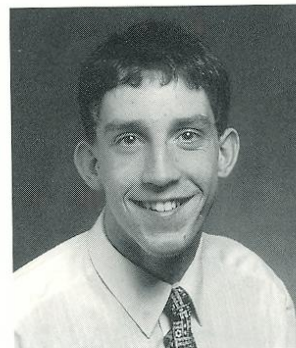
**JAMES HENLEY**  
**FRESHMAN - BREAST, IM**  
 Baton Rouge, LA - Bengal Tigers Aquatic Club

**STEPHEN PARRY**  
**FRESHMAN - FLY, FREE**  
 Liverpool, G.B. - City of Liverpool



Adds needed strength in the breast and IM...has a good chance to make NCAAAs...personal best times include a 58.30 in the 100 breast, a 2:04.80 in the 200 breast, a 1:56.20 in the 200 IM, and a 4:11.50 in the 400 IM...**PREP:** State high school champion in 100 breast as a junior...ranked 3rd nationally in the 200 breast...**PERSONAL:** Greatest ambition is to make the 2000

Olympic team...majoring in business management...born May 4, 1977.

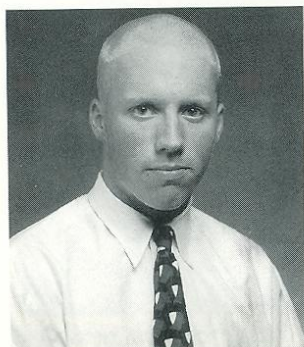


Very impressive swimmer...potential to be one of the best flyers in the country...**PREP:** Junior European Champion in the 200 fly in 1994...British National Champion in the 200 fly in 1995...finished 6th in the 200 fly at 1995 World University Games in Tokyo, Japan...**PERSONAL:** Greatest ambition is to make the Olympic finals...undecided

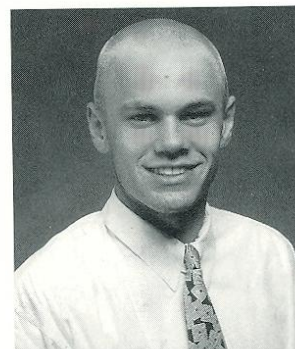
on a major...born February 8, 1977.

**MATT McVITTIE**  
**FRESHMAN - SPRINT FREE, IM**  
 Chelsea, MI - Ann Arbor YMCA

**TIM WELSCH**  
**FRESHMAN - BREAST, SPRINT FREE**  
 Marietta, GA - Swim Atlanta



Will have an impact at ACCs...has potential to qualify for NCAAAs in the 200 free...personal best times include a 21.47 in the 50 free, 46.30 in the 100 free, and a 1:41.00 in the 200 free...**PREP:** State champion in the 200 IM, and in the 100 and 200 free... named All-American for the 100 and 200 free...**PERSONAL:** Greatest ambition is to place



Will add depth in the breaststroke events...very competitive swimmer...personal best times include a 58.92 in the 100 breast and a 2:08.60 in the 200 breast...**PREP:** State finalist in 100 breast as a senior...Junior National qualifier in the 100 and 200 breast...**PERSONAL:** Nicknamed Timo...greatest ambition is to work at Sea World...majoring in marine biology

...born February 29, 1977.



# Seminole Statistics

## MEN'S SCHOOL RECORDS

50 free	Rob Braknis (1995)	00:20.07
100 free	Rob Braknis (1995)	00:44.46
200 free	Scott Mundell (1991)	01:38.25
500 free	Vance Tankersley (1988)	04:45.80
1000 free	<b>Chip Haberstroh (1994)</b>	<b>09:14.69</b>
1650 free	<b>Chip Haberstroh (1994)</b>	<b>15:24.62</b>
100 breast	Craig Zettle (1991)	00:55.03
200 breast	Ignacio Merino (1993)	02:00.01
100 fly	Ignacio Merino (1994)	00:48.38
200 fly	Ignacio Merino (1994)	01:47.11
100 back	Rob Braknis (1995)	00:48.10
200 back	Rob Braknis (1995)	01:43.39
200 IM	<b>Frank Bradley (1995)</b>	<b>01:49.56</b>
400 IM	<b>Chip Haberstroh (1995)</b>	<b>03:51.05</b>
200 free relay	Braknis, <b>Coelho</b> <b>Schlichenmaier</b> , Gerrard (1995)	01:20.11
400 free relay	Feldman, Mundell Rose, Gutierrez (1991)	02:58.54
800 free relay	Mundell, Holtz Rose, Gutierrez (1991)	06:33.18
200 medley relay	Braknis, Merino Bengston, <b>Coelho</b> (1995)	01:29.24
400 medley relay	Braknis, Merino Bengston, <b>Coelho</b> (1995)	03:15.82
One-meter		
6 dives	Phil Boggs (1971)	360.90
11 dives	Paul Spray (1991)	581.65
Three-meter		
6 dives	Phil Boggs (1971)	359.35
11 dives	Paul Spray (1992)	591.90

## MEN'S MVPs

YEAR	SWIMMING	DIVING
1985-86	Mike Kowalski	Ben Seguin
1986-87	Jim Van Farowe	Ben Seguin
1987-88	Vance Tankersley	Ben Seguin
1988-89	Craig Zettle	Zach McIver
1989-90	Charlie Rose	Zach McIver
1990-91	Craig Zettle	Paul Spray
1991-92	Desmond Koh	Paul Spray
1992-93	Rob Braknis	Rob Ciacedo
	/Ignacio Merino	
1993-94	Ignacio Merino	Jair Castrillion
1994-95	Rob Braknis	<b>Derek Banta</b>

## INDIVIDUAL ALL-AMERICANS

YEAR	NAME	EVENT
1950	Roger Slater	1m diving
1951	Roger Slater	1m diving
1954	Ernest Stock	100 breast
1959	Curt Genders	1m diving
	Buck Hiles	400 free
	Robert Weber	1m, 3m diving
1960	Curt Genders	1m, 3m diving
	Robert Weber	1m, 3m diving
1961	Curt Genders	1m, 3m diving
	Buck Hiles	100 fly
1962	Paul Thompson	220, 440 free
1969	Phil Boggs	1m diving
1970	Phil Boggs	1m, 3m diving
	Dean Jerger	50 free
1971	Phil Boggs	1m, 3m diving
1978	Steve Allbritton	50 free
1979	Kevin Connell	200 breast
1985	Dan Akre	200 breast
	Mike Kowalski	100 back
1986	Mike Kowalski	100 back
1991	Paul Spray	1m diving
	Craig Zettle	100 breast
1992	Paul Spray	1m, 3m diving
	Craig Zettle	100 breast
1994	Ignacio Merino	200 fly
1995	Rob Braknis	200 back
	Ignacio Merino	200 fly

## RELAY ALL-AMERICANS

### 800 FREE RELAY

1974	Hegert, Horne, Meisel, Schlak
1976	Brown, Meisel, Gratton, Schlak
1990	Tankersley, Holtz, Mundell, Rose
1991	Gutierrez, Holtz, Mundell, Rose

### 200 MEDLEY RELAY

1995	Braknis, Merino, Bengston, <b>Coelho</b>
------	--

### 400 MEDLEY RELAY

1995	Braknis, Merino, Bengston, <b>Coelho</b>
------	--

## ALL-ACADEMIC

1989	..... Team
1991	..... Team
1992	..... Team
1995	..... <b>John Haynes</b> , Team

*Bold indicates active performers.*



# SEMINOLE TOP 10

## 50 FREE

1995	Rob Braknis	00:20.07
1986	Pat McConnell	00:20.30
<b>1995</b>	<b>Eduardo Coelho</b>	<b>00:20.45</b>
1981	Steve Allbritton	00:20.51
1990	Scott Mundell	00:20.66
1982	Sam Seiple	00:20.77
1995	Sean Gerrard	00:20.80
<b>1995</b>	<b>John Haynes</b>	<b>00:20.88</b>
<b>1995</b>	<b>Paul Lizon</b>	<b>00:20.88</b>
1971	Dean Jerger	00:20.90

## 100 FREE

1995	Rob Braknis	00:44.46
<b>1995</b>	<b>Eduardo Coelho</b>	<b>00:44.69</b>
1995	Skip Laing	00:44.91
1990	Jeff Feldman	00:45.05
<b>1995</b>	<b>John Haynes</b>	<b>00:45.24</b>
1985	Mike Kowalski	00:45.28
1990	Scott Mundell	00:45.29
1982	Sam Seiple	00:45.34
1992	Jose Gutierrez	00:45.46
1977	Mike Grattan	00:45.60

## 200 FREE

1991	Scott Mundell	01:38.25
1991	Jose Gutierrez	01:38.47
1990	Vance Tankersley	01:38.51
1989	Skip Laing	01:38.58
1995	Dustin Bengston	01:39.02
1991	Charlie Rose	01:39.31
1991	Dieter Holtz	01:39.33
<b>1995</b>	<b>John Haynes</b>	<b>01:39.66</b>
1982	Dan Niemer	01:40.01
<b>1995</b>	<b>Eduardo Coelho</b>	<b>01:40.24</b>

## 500 FREE

1988	Vance Tankersley	04:25.10
1991	Scott Mundell	04:28.10
1987	Henrick Janguall	04:28.89
<b>1995</b>	<b>Chip Haberstroh</b>	<b>04:29.15</b>
<b>1993</b>	<b>Thomas Bendixen</b>	<b>04:30.00</b>
1982	Dan Niemer	04:30.07
<b>1995</b>	<b>Chris Plaisted</b>	<b>04:30.30</b>
1990	Jay Wilkerson	04:33.54
1985	Davie Stevens	04:33.67
1991	Sean McKenzie	04:34.26

## 1650 FREE

<b>1994</b>	<b>Chip Haberstroh</b>	<b>15:24.62</b>
1987	Henrick Janguall	15:26.85
1986	Mike Russell	15:30.53
1993	Brian Davey	15:34.03
<b>1995</b>	<b>Chris Plaisted</b>	<b>15:36.94</b>
1988	Kris Zuments	15:45.64
1984	Steve Roberts	15:47.01
1991	John Tyler	15:50.42
1977	Brad Stetson	15:54.15
<b>1995</b>	<b>Matt Dunn</b>	<b>15:54.32</b>

## 100 BACK

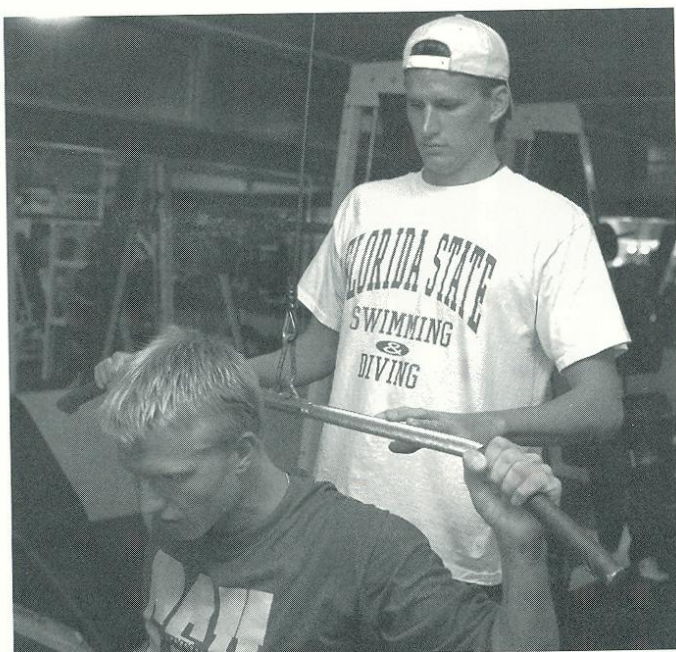
1995	Rob Braknis	00:48.10
1986	Mike Kowalski	00:49.37
1993	Greg Miller	00:51.18
<b>1994</b>	<b>Eric Schlichenmaier</b>	<b>00:51.22</b>
1992	Brad Hoffman	00:51.43
1982	Bill Dornbach	00:51.60
1981	Jim Hamilton	00:51.66
1990	Mike Herman	00:51.77
<b>1994</b>	<b>Dave Semesco</b>	<b>00:51.78</b>
1991	Charlie Rose	00:52.34

## 200 BACK

1995	Rob Braknis	01:43.39
1992	Brad Hoffman	01:48.44
1992	Greg Miller	01:49.77
1990	Charlie Rose	01:50.82
<b>1995</b>	<b>Frank Bradley</b>	<b>01:51.32</b>
1978	Keith McConnell	01:51.89
1987	Jim Van Farowe	01:52.46
<b>1995</b>	<b>Dave Semesco</b>	<b>01:52.53</b>
	Richard Morris	01:52.88
<b>1995</b>	<b>Kevin Rowley</b>	<b>01:53.41</b>

## 100 BREAST

1991	Craig Zettle	00:55.03
1990	Mike Roder	00:55.89
1985	Dan Akre	00:55.96
<b>1995</b>	<b>Frank Bradley</b>	<b>00:56.61</b>
1995	Erik Hoag	00:56.79
1989	John McCullough	00:56.90
1995	Ignacio Merino	00:57.38
1995	Kyle Gilliam	00:57.54
1985	Brian Summe	00:58.18
1977	Kevin Marshburn	00:57.89



Bendixen and Schmauch strength training.



**200 BREAST**

1993	Ignacio Merino .....	02:00.01
1985	Dan Akre .....	02:01.27
1992	Desmond Koh .....	02:01.65
<b>1995</b>	<b>Matt Schmauch .....</b>	<b>02:03.29</b>
1977	Kevin Connell .....	02:03.51
1990	Mike Roder .....	02:03.53
<b>1995</b>	<b>Kevin Murphy .....</b>	<b>02:04.78</b>
	Mark LaPalme .....	02:05.45
1990	Craig Zettle .....	02:06.22
<b>1995</b>	<b>Frank Bradley .....</b>	<b>02:06.28</b>

**100 FLY**

1994	Ignacio Merino .....	00:48.38
1995	Dustin Bengston .....	00:48.62
1982	Sam Seiple .....	00:48.88
1990	Scott Mundell .....	00:49.24
1989	Richard Greenwood .....	00:49.62
<b>1995</b>	<b>Eduardo Coelho .....</b>	<b>00:49.65</b>
1984	David DeGrunchy .....	00:49.95
1991	Jeff Feldman .....	00:50.35
1995	Greg Miller .....	00:50.54
1995	Sean McKenzie .....	00:50.54
1988	Graham Carothers .....	00:50.57

**200 FLY**

1994	Ignacio Merino .....	01:47.11
1995	Dustin Bengston .....	01:47.15
1984	David DeGrunchy .....	01:48.32
<b>1995</b>	<b>Chris Plaisted .....</b>	<b>01:49.12</b>
1991	Sean McKenzie .....	01:50.43
1982	Mike Kupan .....	01:50.78
	Marc LaPalme .....	01:50.98
<b>1995</b>	<b>Thomas Bendixen .....</b>	<b>01:51.00</b>
1993	Jose Gutierrez .....	01:51.50
1992	George Willard .....	01:51.57

**200 IM**

<b>1995</b>	<b>Frank Bradley .....</b>	<b>01:49.56</b>
1992	Desmond Koh .....	01:50.55
1995	Ignacio Merino .....	01:50.70
<b>1995</b>	<b>Matt Schmauch .....</b>	<b>01:50.89</b>
1984	David DeGrunchy .....	01:50.96
1985	Dan Aker .....	01:50.97
1990	Charlie Rose .....	01:51.13
1991	Dieter Holtz .....	01:51.41
1992	Brad Hoffman .....	01:51.91
1991	George Willard .....	01:52.19

**400 IM**

<b>1995</b>	<b>Chip Haberstroh .....</b>	<b>03:51.05</b>
1992	Desmond Koh .....	03:53.69
1992	Brad Hoffman .....	03:56.11
1990	Charlie Rose .....	03:56.52
1991	George Willard .....	03:58.06
<b>1995</b>	<b>Kevin Murphy .....</b>	<b>03:58.07</b>
<b>1995</b>	<b>Matt Schmauch .....</b>	<b>03:58.26</b>
1988	Mike Lockhart .....	03:58.42
1984	David DeGrunchy .....	03:58.61
1990	Dieter Holtz .....	04:01.11

**200 FREE RELAY**

1995	Braknis, <b>Coelho</b> .....	01:20.11
	<b>Schlichenmaier</b> , Gerrard	
1994	Braknis, <b>Coelho</b> .....	01:21.05
	<b>Schlichenmaier</b> , Gerrard	
1991	Gutierrez, Bates, Roder, Feldman .....	01:21.58

**400 FREE RELAY**

1991	Feldman, Mundell, Rose, Gutierrez .....	02:58.54
1995	Braknis, <b>Coelho</b> , Gerrard, <b>Haynes</b> .....	02:58.64
1994	<b>Coelho</b> , Gutierrez, Gerrard, Braknis .....	03:00.03

**800 FREE RELAY**

1991	Mundell, Holtz, Rose, Gutierrez .....	06:33.18
1995	<b>Coelho</b> , <b>Bendixen</b> , <b>Haynes</b> , Bengston .....	06:37.53
1992	Mundell, Gutierrez, Holtz, Willard .....	06:41.53

**200 MEDLEY RELAY**

1995	Braknis, Merino, Bengston, <b>Coelho</b> .....	01:29.24
1994	Braknis, <b>Bradley</b> , .....	01:31.16
	<b>Schlichenmaier</b> , Gerrard,	
1991	McKenzie, Zettle, .....	01:31.30
	Greenwood, Feldman	

**400 MEDLEY RELAY**

1995	Braknis, Merino, Bengston, <b>Coelho</b> .....	03:15.82
1994	Braknis, <b>Bradley</b> , Merino, <b>Coelho</b> .....	03:18.90
1993	Braknis, Merino, Miller, Gutierrez .....	03:19.44

**1M DIVING - 6 DIVES**

1972	Phil Boggs .....	360.90
1992	Paul Spray .....	353.60
1987	Ben Seguin .....	335.45

**1M DIVING - 11 DIVES**

1991	Paul Spray .....	581.65
1988	Ben Seguin .....	538.65
1971	Phil Boggs .....	521.50

**3M DIVING - 6 DIVES**

1971	Phil Boggs .....	359.35
1992	Paul Spray .....	356.90
1988	Ben Seguin .....	350.05

**3M DIVING - 11 DIVES**

1992	Paul Spray .....	591.90
1972	Phil Boggs .....	552.93
1987	Ben Seguin .....	535.65

*Bold indicates active performers.*



# ACC Men's Records

EVENT	TIME	NAME	YEAR	Conference:	Meet:	NAME	YEAR	Conference:	Meet:
<b>50 FREESTYLE</b>						<b>200 BUTTERFLY</b>			
Conference:	19.14	David Fox, NCS	1993	1:45.30		David Monasterio, NC	1991	1:45.30	
Meet:	19.40	David Fox, NCS	1992	1:45.30		David Monasterio, NC	1991		
<b>100 FREESTYLE</b>						<b>200 IND. MEDLEY</b>			
Conference:	43.07	David Fox, NC State	1993	1:47.33		John Davis, NC	1990	1:47.33	
Meet:	43.25	David Fox, NC State	1992	1:47.33		John Davis, NC	1990		
<b>200 FREESTYLE</b>						<b>400 IND. MEDLEY</b>			
Conference:	1:35.59	John Davis, NC	1990	3:47.98		Bill Smyth, UV	1994	3:47.98	
Meet:	1:35.59	John Davis, NC	1990	3:47.98		Bill Smyth, UV	1994		
<b>500 FREESTYLE</b>						<b>200 FREE RELAY</b>			
Conference:	4:17.88	Peter Wright, UV	1993	1:19.99		NCSU (Cox, Dunaway, Martelle, Fox)	1992	1:19.99	
Meet:	4:19.53	David Monasterio, NCI	1991	1:19.99		NCSU (Cox, Dunaway, Martelle, Fox)	1992		
<b>1650 FREESTYLE</b>						<b>400 FREE RELAY</b>			
Conference:	14:59.64	Peter Wright, UV	1994	2:56.61		UNC (Davis, Schroeder, Sedlak, D. Monasterio)	1991	2:56.61	
Meet:	15:03.36	Stephen Warner, UV	1995	2:56.61		UNC (Davis, Schroeder, Sedlak, D. Monasterio)	1991		
<b>100 BACKSTROKE</b>						<b>800 FREE RELAY</b>			
Conference:	48.10	Rob Braknis, FSU	1995	6:26.71		UNC (Monasterio, Hamrick, Summerlin, DeFabrique)	1993	6:29.46	
Meet:	48.10	Rob Braknis, FSU	1995	6:29.46		UNC (Monasterio, Hamrick, Summerlin, DeFabrique)	1992		
<b>200 BACKSTROKE</b>						<b>200 MED. RELAY</b>			
Conference:	1:43.39	Rob Braknis, FSU	1995	1:29.80		NCSU (Cox, Torsone, Dunaway, Fox)	1992	1:29.80	
Meet:	1:43.39	Rob Braknis, FSU	1995	1:29.80		NCSU (Cox, Torsone, Dunaway, Fox)	1992		
<b>100 BREASTSTROKE</b>						<b>400 MED. RELAY</b>			
Conference:	54.99	Gary Gauch, NC	1991	3:15.64		Virginia (Smyth, Calver, Boch, Meehan)	1993	3:15.64	
Meet:	54.99	Gary Gauch, NC	1991	3:15.64		Virginia (Smyth, Calver, Boch, Meehan)	1993		
<b>200 BREASTSTROKE</b>									
Conference:	1:58.74	Chris Graber, UV	1993						
Meet:	1:59.68	Jeff Weiss, NC	1995						
<b>100 BUTTERFLY</b>									
Conference:	47.59	Adam Boch, UV	1992						
Meet:	47.59	Adam Boch, UV	1992						

**Bold indicates Seminoles.**



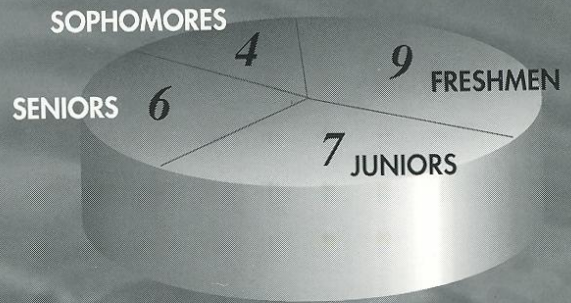




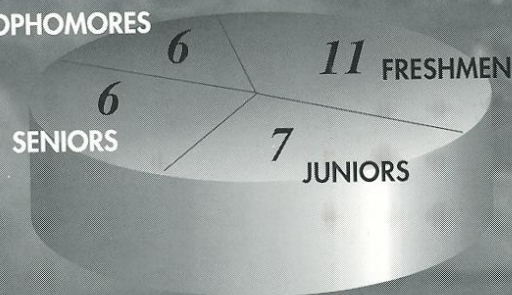


# A CLOSER LOOK...

## LADY SEMINOLES BY CLASS



## SEMINOLES BY CLASS



### LADY SEMINOLES BY STATE/COUNTRY

**FLORIDA (16)** — Bradley, McHugh (Plantation); Brennan, Toole (Tampa); Campbell (Jupiter); Duncan, Rosenbluth (Longwood); Engelbrecht (Tallahassee); Gillooly (Kissimmee); Hamilton (Seminole); J. Henderson, S. Henderson (Orlando); Krieg (St. James City); Schalk (Boca Raton); Schmedeman (Bartow); White (Ormond Beach)  
**GEORGIA (4)** — Armond (Snellville); Dorminy (Tifton); McRoberts (Albany); Wright (Marietta)  
**MARYLAND (1)** — Fowler (Silver Spring)  
**INDIANA (1)** — Ramer (Goshen)  
**MISSISSIPPI (1)** — Smith (Columbus)  
**SPAIN (1)** — Gaztañaga (Ordizia)  
**GREAT BRITAIN (1)** — Jepson (W. Yorkshire)  
**BRAZIL (1)** — Wilson (Belo Horizonte)

### SEMINOLES BY STATE/COUNTRY

**FLORIDA (17)** — Banta (Ft. Lauderdale); Bradley (Plantation); Chia, Haynes (Tallahassee); Christensen (Davie); Deese (Titusville); Draper, Semesco (Ocala); Dunn (Gainesville); Eley (West Melbourne); Henderson (Miami Shores); Mount (Panama City); Plaisted (Rockledge); Rowley (Orlando); Schlichenmaier (Indiatlantic); Schmauch (Dunedin); Schumacher (Tampa)  
**GEORGIA (1)** — Welsh (Marietta)  
**MARYLAND (1)** — Murphy (Bowie)  
**CONNECTICUT (1)** — Geraghty (Milford)  
**VIRGINIA (1)** — Gratzick (Spotsylvania)  
**MASSACHUSETTS (1)** — Haberstroh (Canton)  
**MICHIGAN (1)** — McVittie (Chelsea)  
**LOUISIANA (1)** — Henley (Baton Rouge)  
**TENNESSEE (1)** — Lizon (Knoxville)  
**DENMARK (1)** — Bendixen (Varde)  
**SOUTH AFRICA (1)** — Dedekind (Natal)  
**GREAT BRITAIN (1)** — Parry (Liverpool)  
**BRAZIL (1)** — Coelho (Rio de Janeiro)



# 1995-96 Meet Schedule

September 23	Seminole Pentathlon	Home
September 29	Garnet & Gold	Home
October 7	Miami	Home
October 27	Florida	Gainesville, FL
November 3	Auburn	Auburn, AL
November 17-19	Minnesota Invitational	Minneapolis, MN
December 2	Indian River CC	Home
January 5-6	NC State, Alabama	Tuscaloosa, AL
January 13	FAMU, FAU, Howard	Home
January 20	LSU	Baton Rouge, LA
February 1-3	Women's ACC	Chapel Hill, NC
February 8-10	Men's ACC	Chapel Hill, NC
March 6-12	US Olympic Trials	Indianapolis, IN
March 9-11	NCAA Zone Qualifying Diving Meet	Athens, GA
March 21-23	Women's NCAA	Ann Arbor, MI
March 28-31	Men's NCAA	Austin, TX

